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43 Meals in 30 minutes or less

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Walk Off Weight

Our Foolproof Plan



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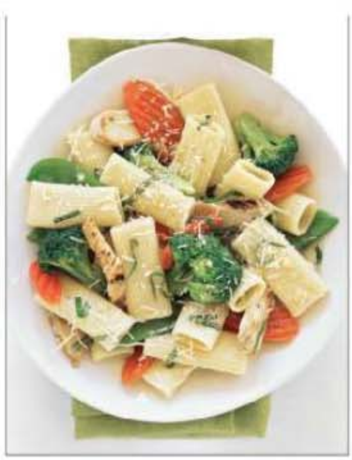
Eating Light

VOLUME XIX, NUMBER 3



on the cover

Photograph: Frances Janisch



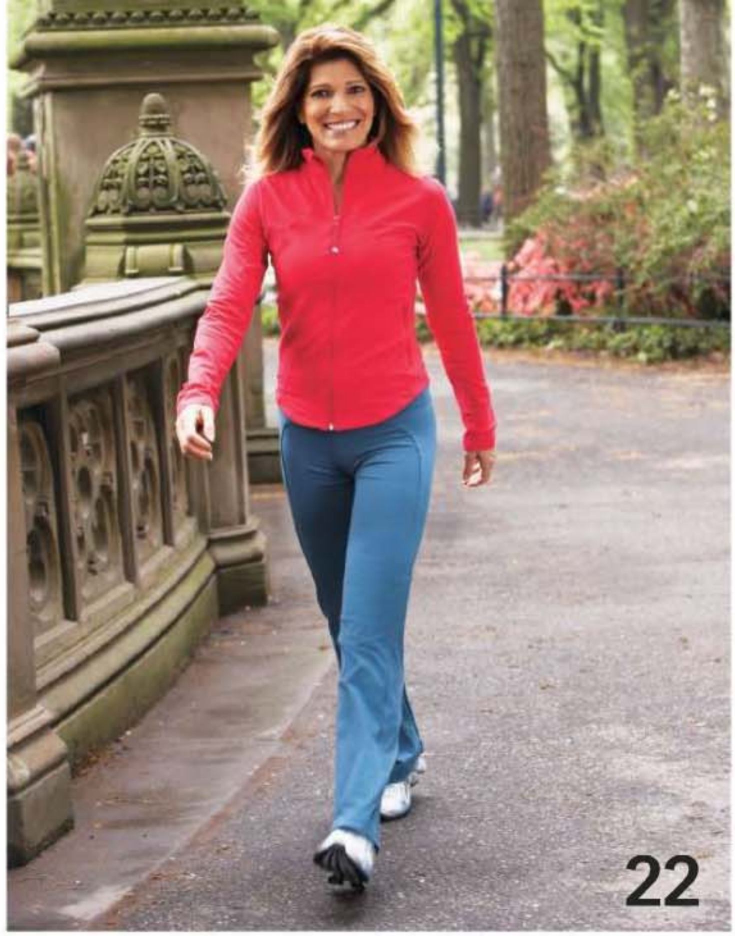
Rigatoni Primavera with Chicken, p. 51

features

Eating Light

VOLUME XIX, NUMBER 3

departments & articles



22



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giveaway

resources

SMART *snackiness.*



Indulge yourself by checking out these and other great-tasting yogurt flavors with a ***POINTS***® value of 1 at ***WeightWatchers.com/yogurt***

The ChefsBest® Award for Best Taste is awarded to the brand rated highest overall among leading fat free vanilla yogurt brands by independent professional chefs.



White Chocolate Raspberry

Lemon Cream Pie

Black Cherry

Berries 'n Cream

Key Lime Pie

Strawberry Banana

New



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Editor's Note



It's that time of year again, when holiday overindulging has caught up with us all.

Taking off recently acquired weight always seems daunting. However, many experts say that there's no need for dramatic measures; more often than not, cutting back too severely ends in yo-yo dieting and frustration. However, slowly lowering your calorie intake goes a long way to help you return to a normal body weight. But this is true all year long: When you make small changes to your daily diet, you experience big results. Consuming smaller portions or not eating that second helping ensures weight loss and maintains it. It's also easier than you think (see "Lose Weight Without Dieting," page 26).

To give you additional support, we offer this latest edition of *Eating Light,* which is chockful of simple-to-prepare, great-tasting lowfat meals and desserts. With this wide variety of recipes in your repertoire, you'll find it easy to change your eating habits. What's more, these meal makeovers are so delicious, your family will never even know you're serving nutritious, lighter fare. And since exercise is also key, we give you a terrific workout plan to try (see "Walk Off *More* Weight," page 22).

I hope you enjoy our lighter takes on all your favorite dishes and that this issue inspires you to start off the New Year with a healthier lifestyle. I'll be making that effort right along with you.

Shelley Wolson, Editor

PHOTOGRAPH: LUCIANA PAMPALONE HAIR & MAKEUP: STEPHANIE PARENT, FOR MARK EDWARD INC.

NUTRITIONAL NOTE

According to the American Dietetic Association's guidelines, 30 percent or less of the total calories you consume each day should come from fat. That means it's OK if the calories-from-fat total from one of your meals is above 30 percent. To stay within the ADA guidelines, you need to make sure your daily calories-from-fat total is 30 percent or less.

For almost every recipe in this issue, the calories-from-fat figure is 30 percent or less. We've included some dishes that come in slightly higher to offer you greater variety.

Eating Light

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To order **back issues** of Woman's Day SIPs on food, remodeling, decorating, kitchens and baths, gardening and outdoor ideas, crafts, holiday baking and Christmas ideas dated within the past two years, please visit: *backissues.womansday.com*. **Editorial questions** should be addressed to Woman's Day SIPs, 1633 Broadway, 42nd floor, New York, NY 10019. Unsolicited materials must be accompanied by a stamped, self-addressed envelope. We are not responsible for their safety and cannot enter into correspondence about the submission.

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On the Web



Low-Calorie Comfort Foods

We all have a dish or two that hits the spot every time—especially during the cold and dreary winter months. But often these soul-satisfying foods are packed with calories, making them an unlikely choice when we're trying to drop a few holiday pounds. Luckily, *Woman's Day* has a slew of tasty recipes that won't set back your dieting progress. From a lightened-up version of lasagna to lowfat enchiladas, go to *womansday.com/comfort* to find 15 savory dinner recipes—all under 300 calories per serving—that are sure to satisfy your cravings.

Coming Up Next

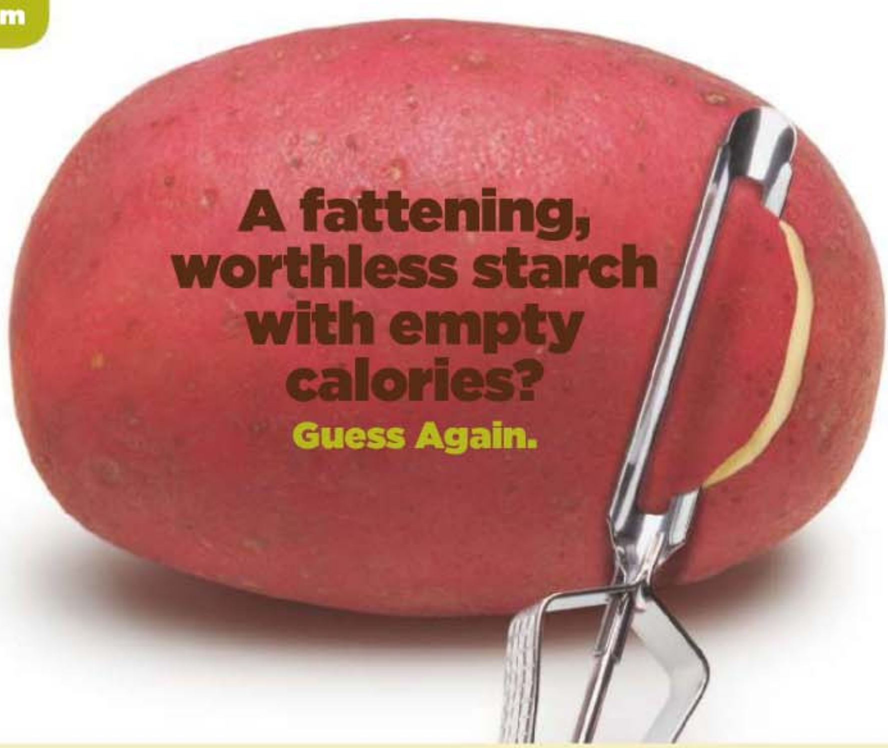
Gardening & Deck Design

ON SALE MARCH 2

- Tips to get your shed organized
- Best new plants for 2010
- 25 ways to grow the best garden ever
- Deck designs to suit your home



PHOTOGRAPHS: FAR LEFT, ANN STRATTON; LEFT, JERRY PAVIA



Bits & Bites

Clever gadgets, new products and healthy food news

WRITTEN BY GINEVRA PYLANT

WARM & TOASTY

Nothing beats a grilled cheese sandwich hot off the press. Step it up with slices of fresh veggies. 8-inch square panini press, $33. 423-837-7181; *lodgemfg.com*.



CHANGING SEASONS

Instead of drenching dishes in heavy, fattening sauces, try drizzling on one of Sonoma Farm's infused organic extra-virgin olive oils. Our top picks include Rosemary and Basil, Garlic, and Hot Pepper. 200-milliliter bottle, $14 each. 866-365-4837; *sonomafarm.com*.



JUST DESSERTS

Get what you deserve—a delicious dessert that tastes good and is good for you. Blackwell's organic soy gelatos are lowfat, dairy-free and contain no preservatives or additives. Available in chocolate, coffee, peanut butter, peanut butter chocolate swirl and vanilla. $9 per pint. 732-229-8899; *blackwellsorganic.com*.





HOME GROWN

It may be cold outside now, but it's not too early to start planning for the upcoming growing season. If you've been thinking about joining a CSA (Community Supported Agriculture) group but want to learn more about the idea before you commit, LocalHarvest is a great resource. Read about the benefits of CSAs, how they work and what to expect. You can also search the comprehensive database to find farmers' markets and CSAs near you. *localharvest.org*

FRUIT ILLUSTRATION: SHUTTERSTOCK



RAISE THE BAR
Here's something to chew on. Bear Naked's chewy Grain-ola bars have up to 17 grams of whole grains per serving. Fruit and Nut, Chocolaty Cherry and Tropical Fruit. 12 bars, $21. 866-374-4442; *bearnaked.com*.



CLEAR CHOICE
These Italian glass storage containers keep food fresh and won't absorb odors and flavors. Starting at $6. 800-243-0852; *surlatable.com*.



Pizza Taste Test

Healthy Frozen Pizzas

(Yes, they do exist.)



Any way you slice it, frozen pizza is a quick and easy crowd pleaser, but finding healthy options proves more difficult. We've rounded up three varieties that will satisfy your craving for pie but won't sabotage your diet.



AMY'S ROASTED VEGETABLE

270 calories, 9g fat per serving

Ideal for those who are lactose-intolerant, this cheeseless pizza is loaded with roasted onions, shiitake mushrooms, red bell peppers and marinated artichokes. The soft crust—made from organic flour and extra-virgin olive oil—has a fresh-baked feel. $7. 707-568-4500; *amys.com*.



KASHI MUSHROOM TRIO & SPINACH THIN CRUST PIZZA

250 calories, 9g fat per serving

This pie has a crisp, multigrain crust layered with a tangy tomato Parmesan sauce, spinach, and mozzarella and provolone cheeses. And to top it off, the three mushroom varieties—baby portobello, champignon and shiitake—are plentiful and surprisingly flavorful despite being frozen. $6. 877-747-2467; *kashi.com*.



ARCHER FARMS THAI STYLE CHICKEN FLATBREAD PIZZA

260 calories, 7g fat per serving

Thai-seasoned chicken paired with roasted red peppers, onions and cilantro creates a sweet and savory combo that's a nice change of pace from the traditional fare. Topped off with a blend of mozzarella and Cheddar, the thin wheat crust has a nice crunch. $5. 800-591-3869; *target.com*.

ILLUSTRATION: JENNIFER KALIS



HEALTHY PORTION
Chef'n's 11-inch VeggiSteam can accommodate big broccoli, ample artichokes and colossal carrots. $20. 866-642-4336; *chefn.com*.

FRUIT FOR THOUGHT



Did you know that tart cherries are packed with powerful antioxidants linked to disease-fighting properties? Research also suggests that tart cherries may reduce inflammation and ease the pain of arthritis. For more health benefits and recipes, visit *choosecherries.com*.

COMFORT ZONE
From their new line of frozen meatless entrées, Gardein's Seven Grain Crispy Tenders contain less than 2 grams of fat and only 90 calories. $5. 877-305-6777; *gardein.com*.





DID YOU KNOW?

Not all bacteria is bad for you. According to a recent review in the *Journal of the American Dietetic Association,* regular consumption of probiotics may help promote a healthy immune system, reduce intestinal infections and improve digestion. The most familiar source of probiotics is yogurt, but they are also found in sauerkraut, fermented soy products such as miso and tempeh, and even microbrewed beer.

USE YOUR NOODLE
PastaSlim fettuccine has only 25 calories per serving, and the soy-based noodles are wheat- and gluten-free. 7-oz bag, $2. 800-499-8638; *pulmuonewildwood.com.*



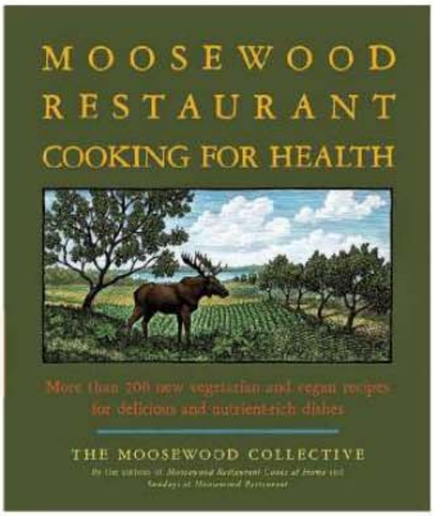
USER-FRIENDLY
A must for the gluten-free chef, the Rice Plus Multi-Cooker effortlessly churns out perfectly fluffy rice every time. $149. 800-211-9604; *cuisinart.com.*

QUALITY CONTROL
Keep fruit, veggies, and low-cal meats and cheeses fresher longer with the FoodSaver FreshSaver handheld vacuum system. Great for portion control, too. $20–$30; *foodsaver.com.*



LIGHT READING

From Savory Asparagus and Mushroom Bread Pudding to Sweet Potato Pie with Pecan-Oat Crust, *Moosewood Restaurant Cooking for Health* is a new collection of more than 200 vegetarian and vegan recipes that promote a healthy diet through eating more vegetables, fruits and whole grains. $23. 866-216-1072; *amazon.com*.





DIY CHOCOLATE

Make your own chocolate with Navitas Organic Chocolate Superfoods Kit. This is chocolate in a pure, potent form—sugar-free, dairy-free, gluten-free and packed with antioxidants, minerals, vitamins and phytonutrients. Available in Goji Berry, Goldenberry and Cacao Nib. $10 each. 888-645-4282; *navitasnaturals.com*.



NAVITAS NATURALS CHOCOLATE CHEESECAKE, *KRISTENSRAW.COM*

MIDDLE GROUND

It's what's inside that counts. At only 100 calories per bun, Arnold's whole wheat and multigrain Sandwich Thins leave more room to pile on tasty toppings. Package of eight, $3. 800-984-0989; *arnold.bimbobakeriesusa.com*.





Bits & Bites



CHANGE IS BREWING

Sourced from small-scale tea farmers in India, Sri Lanka and South America, Equal Exchange's organic pyramid teas promote sustainable farming practices. 16 pyramids per box, $4. 774-776-7333; *equalexchange.com*.

SOPHISTICATED SNACK

Brushed with olive oil and sprinkled with flax, sesame and chia seeds, Wisecrackers' Everything and More multigrain crackers elevate the everyday. $3. 800-632-7477; *partnerscrackers.com*.



WISECRACKERS: GINEVRA PYLANT





SWEET NEWS

Sun Crystals granulated blend is an all-natural, low-calorie sweetener with the taste and texture of sugar. Made from stevia—a sweet, noncaloric flowering plant—and pure cane sugar, it has half the calories of regular sugar. 1-lb bag, $6. 888-962-5357; *suncrystals.com*.



PROTEIN POWERHOUSE

Unlike most meat, soy is rich in protein but it does not contain cholesterol or high levels of saturated fat. Check out the Soyfoods Council's website for creative recipes including Spicy Tofu and Mushroom Spaghetti Sauce. 866-431-9814; *thesoyfoodscouncil.com*.



TO-GO CUP

Bringing your lunch—and being excited about it—just got easier. Hidden Valley's light ranch salad dressing now comes in single-serve cups. Use them on leafy green salads or pasta salads, or to dip fresh veggies in. Six 2.5-oz cups, $5. 800-537-2823; *hiddenvalley.com*.

LIGHTER SIDE

Skip the mashed potatoes and opt for a warm salad of Roland's whole-wheat Israeli couscous tossed with sautéed veggies and herbs. 21.6-oz jar, $9. 800-221-4030; *rolandfood.com*.





FRESH CUT

Architec's new EcoSmart Poly-Flax cutting boards are made from recycled plastic and flax husk. $20. 800-659-9786; *architecproducts.com*. ✻

A Month of Light Menus



A helpful weekly meal planner

BY TERRY GRIECO KENNY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	Mexican Chicken Stew **(RECIPE, PAGE 37)** Warm Flour Tortillas Raspberry Tartlets **(RECIPE, PAGE 88)**	**MEATLESS MONDAY** Roasted Vegetable Pasta **(RECIPE, PAGE 38)** Italian Bread Arugula and Grape Tomato Salad with Lowfat Italian Dressing Fresh Pears	Mediterranean Stuffed Eggplant **(RECIPE, PAGE 84)** Baby Greens Salad with Toasted Almonds and Lowfat Vinaigrette Dressing Seedless Grapes	Asian Meatball Soup **(RECIPE, PAGE 62)** Romaine Lettuce, Shredded Carrot & Cucumber Salad with Lowfat Sesame Dressing Tangerines	New Orleans Shrimp 'n' Grits **(RECIPE, PAGE 55)** Spinach & Mushroom Salad with Lowfat Ranch Dressing Chocolate Sorbet	Chicken Vindaloo **(RECIPE, PAGE 82)** Warm Whole-Wheat Naan Vanilla Lowfat Yogurt Topped with Honey & Pistachios	Beef Negamaki **(RECIPE, PAGE 78)** Sushi Rice Steamed Edamame Sliced Fresh Pineapple
Week 2	Sweet & Sour Ham Steaks **(RECIPE, PAGE 68)** Baked Sweet Potatoes Steamed Broccoli Spears Little Pear-Raspberry Potpies **(RECIPE, PAGE 88)**	**MEATLESS MONDAY** Macaroni & Cheese **(RECIPE, PAGE 63)** Mixed Green Salad with Sliced Apples & Walnuts and Lowfat Red Wine Vinaigrette Dressing Strawberry Sorbet	Tex-Mex Chicken & Squash Stew **(RECIPE, PAGE 65)** Egg Noodles with Parsley Steamed Baby Carrots Fresh Apples	Asian Lettuce Wraps **(RECIPE, PAGE 73)** Brown Rice Melon Chunks Tossed with Orange Juice & Mint	Greek Lemon & Oregano Mahi-Mahi **(RECIPE, PAGE 55)** Pine Nut Couscous Steamed Baby Spinach Vanilla Frozen Yogurt with Honey & Dried Figs	Turkey Chili **(RECIPE, PAGE 62)** Sliced Avocado and Plum Tomatoes on Lettuce with Lime Juice and Olive Oil Lowfat Chocolate Pudding Cups	Ravioli & Sausage Lasagna **(RECIPE, PAGE 61)** Garlic Bread Romaine, Red Onion & Cherry Tomato Salad with Lowfat Balsamic Vinaigrette Dressing Clementines
Week 3	Sauerbraten **(RECIPE, PAGE 85)** Steamed New Potatoes Braised Red Cabbage Lemon-Ginger Cookie Stacks **(RECIPE, PAGE 91)**	**MEATLESS MONDAY** Penne Greek-Style with Chickpeas **(RECIPE, PAGE 48)** Spinach, Sliced Cucumber and Radish Salad with Lowfat Vinaigrette Dressing Orange Sorbet	Apple-Stuffed Chicken **(RECIPE, PAGE 41)** Whole-Grain Rolls Sautéed Sugar Snap Peas Red Seedless Grapes	Lomo Saltado **(RECIPE, PAGE 85)** Yellow Rice Mango-Cherry Semifreddo with Tart Red Cherry Sauce **(RECIPE, PAGE 92)**	Spicy Thai Noodles with Pork & Mint **(RECIPE, PAGE 81)** Frozen Lowfat Strawberry Swirl Terrine **(RECIPE, PAGE 91)**	Baja Fish Tacos **(RECIPE, PAGE 57)** Black Beans with Garlic & Olive Oil Sliced Fresh Mango or Papaya with Lime Juice	Balsamic Chicken with Thyme **(RECIPE, PAGE 42)** Warm Italian Bread Baby Arugula, Sweet Onion & Grape Tomato Salad with Lowfat Vinaigrette Dressing Lowfat Coffee Ice Cream with Anisette Toast
Week 4	Stuffed Cabbage with Cranberry & Tomato Sauce **(RECIPE, PAGE 61)** Steamed Green Beans Angel Food Cake Topped with Strawberry Pourable Fruit	**MEATLESS MONDAY** Baked-Potato Soup **(RECIPE, PAGE 64)** Artichoke Hearts, Roasted Pepper & Olives on Lettuce with Lowfat Italian Dressing Fresh Pears	Scallops with Lemon & Capers **(RECIPE, PAGE 56)** Rice with Sliced Scallions Steamed Broccolini Reduced-Fat Fig Bar Cookies	Tomato-Dill Soup **(RECIPE, PAGE 35)** Beef & Bulgur Falafel **(RECIPE, PAGE 35)** Lowfat Rice Pudding Dusted with Cinnamon	Sicilian Chicken Breast with Zucchini **(RECIPE, PAGE 42)** Couscous Lowfat Frozen Fudge Bars	Mustard-Glazed Salmon Steaks **(RECIPE, PAGE 37)** Jasmine Rice Mango Sorbet with Sliced Strawberries	Greek Lamb & Spinach Stew **(RECIPE, PAGE 81)** Orzo Sliced Oranges with Honey and Chopped Toasted Almonds

ILLUSTRATION: JENNIFER KALIS



Rise & Shine

Quick & easy breakfast ideas

◀ Pumpkin Spice Muffins

Makes: 20 **Prep:** 20 min
Bake: 30 min

- ½ cup each granulated sugar and packed light brown sugar
- 6 Tbsp unsalted butter, softened
- 2 tsp each ground cinnamon and vanilla extract
- 1½ tsp ground ginger
- ½ tsp ground cloves
- 1 tsp each baking powder and baking soda
- ¾ tsp salt
- 2 large eggs plus 2 large egg whites
- 1¼ cups pumpkin purée
- 2½ cups all-purpose flour
- ½ cup milk
- 1½ cups fresh or frozen cranberries, halved

MAPLE DRIZZLE

- ⅔ cup confectioners' sugar
- 3 Tbsp pure maple syrup

Garnish: toasted pumpkin seeds

1. Heat oven to 350°F. You'll need 20 muffin cups lined with paper liners. Beat sugars, butter, spices, vanilla, baking powder, baking soda and salt in a large bowl with mixer on medium speed 2 minutes until blended.
2. Beat in eggs and whites. Beat in pumpkin purée on low speed until just combined. Alternately beat in flour, then milk, until just blended. Stir in berries.
3. Put ¼ cup batter in each muffin cup. Bake 30 minutes or until toothpick inserted into centers comes out clean. Cool 5 minutes in pans on rack, remove from pans and cool completely.
4. Drizzle: Up to 4 hours before serving, stir ingredients in small bowl until smooth. Scrape into a small ziptop bag. Cut a small tip from one corner of bag and drizzle over cupcakes. Garnish with pumpkin seeds.

Per serving: 177 cal, 3 g pro, 31 g car, 1 g fiber, 5 g fat (3 g sat fat), 25% cal from fat, 32 mg chol, 189 mg sod



Slow Cooker Maple-Berry Oatmeal ▲

Serves: 8 **Prep:** 2 min **Cook:** 7–8 hr (low)

- 8 cups water
- 2 cups steel-cut oats
- ½ cup dried blueberries
- ½ tsp salt
- 1 cup dried cranberries
- ¼ cup maple syrup

The night before, combine the water, oats, blueberries and salt in a 3-qt or larger slow cooker. Cover and cook on low 7 to 8 hours or until oats are tender and creamy. Stir in cranberries and syrup.

Per serving: 172 cal, 3 g pro, 39 g car, 3 g fiber, 2 g fat (0 g sat fat), 7% cal from fat, 0 mg chol, 150 mg sod

PHOTOGRAPHS: OPPOSITE, ELLIE MILLER; THIS PAGE, DASHA WRIGHT



Savory Broccoli Bread Pudding

Serves: 6 Prep: 10 min Bake: 65 min (plus at least 2 hr or overnight chilling)

- 6 cups 1-in. cubes Italian bread (8 oz)
- 1 pkg (10 oz) frozen broccoli florets, thawed and coarsely chopped
- 4 oz sliced ham, coarsely chopped
- 1 jar (12 oz) roasted red peppers, drained and coarsely chopped
- 4 scallions, sliced
- 1 cup shredded reduced-fat Italian cheese blend
- 1½ cups fat- and cholesterol-free egg substitute or 6 large eggs
- 2 cups whole milk
- ¼ tsp each dried thyme, salt and pepper

1. Coat a shallow 2-qt baking dish with nonstick spray. Spread ½ the bread cubes over bottom. Cover with ½ the broccoli, ham, peppers, scallions and cheese. Repeat layers once.

2. Whisk remaining ingredients to blend; pour evenly over top. Cover with foil; refrigerate at least 2 hours or overnight.

3. Heat oven to 350°F. Bake, covered, 60 minutes. Uncover; bake 5 minutes until a knife inserted in center comes out clean. Let stand 5 minutes before serving.

Per serving: 296 cal, 23 g pro, 32 g car, 3 g fiber, 9 g fat (4 g sat fat), 27% cal from fat, 29 mg chol, 948 mg sod *

Green Tea Smoothie

Serves: 2

- 1½ cups chilled green tea (made with 6 tea bags)
- 2 cups frozen unsweetened mixed berries
- 1 sliced banana
- 3 Tbsp honey

In a blender, whirl ingredients until smooth. Makes 3 cups.

Per serving: 292 cal, 2 g pro, 71 g car, 5 g fiber, 1 g fat (1 g sat fat), 3% cal from fat, 0 mg chol, 9 mg sod



TEA TIDBITS

For ages, tea drinkers have enjoyed its health benefits as well as its flavor. Tea is said to boost immunity, protect skin from UV damage and improve heart health. Just two 8-oz cups of black, green or white tea a day provide as many heart-healthy flavonoids (antioxidants) as a serving of fruit or vegetables. An easy, delicious way to boost antioxidant intake is to blend green tea and berries for a satisfying breakfast smoothie.

PHOTOGRAPHS: DASHA WRIGHT



WALK OFF *MORE* WEIGHT

You've heard that running and jogging are great ways to lose weight, but walking's more your speed. So how can you burn major calories?

WRITTEN BY LESLIE SANSONE

The Secret: Interval Training

To do it, you weave bursts of brisk exercise into a moderately paced workout. Take 2 minutes and try this: Walk for 1 minute at a normal pace. Then pick it up for 1 minute as if you're rushing to an appointment.

You just did interval training.

Why It's So Effective

Interval training is a great way to step up your workout without spending more time sweating it out. When you mix these bursts of intense exercise into your walk, you'll burn more calories and improve your cardiovascular fitness—not to mention make your routine more interesting.

Kicking things into high gear is worth the effort, even for short bursts, because it helps your body burn more fat and build more muscle than if you stayed at a moderate pace. (And muscle burns more calories than fat, so your metabolism stays strong.) In one study, women who did interval training burned 36 percent more fat during their workout.

The Big Bonus

You continue to reap the benefits of an interval training workout even after you stop moving. It takes your muscles up to 24 hours to repair themselves from the intense bouts of training; during that time, your body burns more calories.

If you want to lose weight and aren't very active right now, two sessions a week should be enough. And of course, check in with your doctor before you start interval training.

How to Get Started

Turn the page and follow our guide, which includes a super-easy 30-minute workout, plus pointers on how to choose the right walking shoe—which makes all the difference.

PHOTOGRAPH: PETER LAMASTRO

✻Walk Off More Weight



The 30-Minute Interval Workout

1. Walk for 5 minutes at a slow, warmup pace.
2. Walk for 2 minutes at a brisk pace (like the bus is pulling away and you need to catch it).
3. Walk for 1 minute just below a running pace (feels like you're just about to break out into a run).
4. Repeat #2 and #3 for 6 cycles (18 minutes).
5. Walk for 2 minutes at a brisk pace.
6. Walk for 5 minutes at a slow but steady pace. This is your cooldown.

Muscle Boosters

During the brisk-pace part of your walk, add these arm moves to tone your upper body and core muscles. Do 10 sets of each.

REACH Raise your hands straight up over your head. Targets your back, shoulder and waist muscles.

PUSH Extend both hands straight out in front of you at chest level. Works chest, back, arms and core.

PUMP This combination works both arms using a version of a bicep curl and tricep extension without free weights or resistance bands.

Curl your left arm in toward your body and squeeze your fist at the top (bicep curl) while you extend the other arm straight back and a bit behind the body, contracting the triceps (triceps extension).

Bonus: 5 Minutes to a Flat Tummy

Right after you finish your walk, alternate between these two easy moves for 5 minutes.

DOUBLE CRUNCH

Isolates upper and lower regions of the abdominals.

- Lie on the floor faceup.
- Bend your knees until your legs are at a 45-degree angle, with both feet on the floor.
- Your back should be comfortably relaxed.
- Place both hands behind your head.
- Contracting your abdominals, raise your head and legs off the floor toward one another. (Don't pull on your neck; let your head lie heavy in your hands.) Slowly return to the starting position.

REVERSE AB CURL

This exercise isolates the lower region of the abs. Don't worry if you can't do a lot of them—just keep practicing.

- Lie on the floor faceup with your back relaxed and your hands on the floor near your hips.
- Keep your upper back pressed into the floor throughout the exercise.
- Contracting your abs, raise your butt and gently roll your hips off the floor, stopping when you feel a full contraction of the abdominals and can no longer lift your hips.
- Slowly return to starting position.

You burn more calories walking outside when the temperature is below 50 degrees.

Weatherproof Your Workout

Chilly temps don't mean you're confined to exercise DVDs or the treadmill. Here's how to work out comfortably when it's cold outside.

Wear several thin layers You'll stay drier and warmer than with one or two bulky ones. If you heat up too much, you can easily shed a layer or two.

Dress like it's 10 to 15 degrees warmer than it is outside "Once you start exercising, your body will heat up quickly," says Wayne Westcott, senior fitness research director of the Quincy, Massachusetts, YMCA.

Drink You may not feel thirsty or sweat as much, which is why it's especially important to drink water before and after exercise. Plus, indoor heat can make you mildly dehydrated even before you hit the pavement.

Cushion your feet Socks should be thicker. Cold air makes muscles stiffer, so feet take more of a pounding.



PHOTOGRAPHS: GETTY IMAGES

How to Pick the Perfect Shoe for You

They're the foundation of your workout: If they don't fit right, you won't walk right!

WELL-GELLED
The insole should support your arch, keep your feet and lower body in proper alignment, and help distribute your weight evenly across the bottom of your foot. When you walk, it should feel like you're walking on a cushion.

ANCHOR YOUR ANKLE
The area around the ankle (called an ankle collar) should be heavily padded to prevent twists and blisters.

WIGGLE ROOM
There should be at least ¼ to ½ inch of space between your big toe and the end of the shoe to prevent calluses and provide stability, especially since your foot expands slightly as you exercise.



THE HEEL DEAL
Look for a snug fit around the heel (reduces stress on your Achilles tendon) and a high Achilles notch, the slight dip at the top of the shoe's heel, to better support your foot and prevent it from sliding forward.

OH-SO-ARCHED
The shoe should also fit your arch type (see box below to figure it out). If you have a high arch, look for a curved last, which means the edge of the sole noticeably dips in at the middle. Those with a low arch need a straight last (the edge of the sole is straight).

SOLE POINTS
The outer sole should be textured enough to give you traction and prevent slipping. The rockier the terrain, the deeper the grooves should be.

Shoe Shopping Prep

- Keep track of your miles and get new shoes about every 300 to 600 miles. If you tend to be hard on your shoes, switch sneaks closer to 300.
- Shop at the end of the day or after your walk. Your feet swell as the day goes on, and you want to be sure that the shoes will still fit when that happens.
- Try on the shoes wearing your walking socks.
- Bring your old sneaks to the store and ask the salesperson to check the bottoms. The pattern of wear on the sole—if they're more worn down on the outer right or left side, for example—can reveal a lot about your foot. It's possible to see what type of arch you have and whether you pronate (your feet turn outward as you walk) or supinate (your feet turn in).

What's Your Foot Type?

Dip your foot in water and then step on a paper bag or fluffy bathmat.

If you're flat-footed or have a low arch, you'll see your entire foot.

If you have a high arch, you'll see a thin line between the ball and heel print.

If you have a neutral, or normal, arch, your print will look like a thin half-moon. ❋

Lose Weight

Easy ways to cut 50, 100 or 200 calories

The prospect of cutting calories usually means giving up foods you love. After all, when trying to drop a few pounds, most people focus on banning the big-ticket items, such as cake and french fries. But making small changes to your daily eating habits can have a big impact, too. Eating just 350 fewer calories a day can help you lose about 3 pounds a month—that's almost 40 pounds in a year without much work at all.



WHICH IS BETTER?
Choosing the breakfast at the right rather than the one above can save you 100 calories.

50-calorie cuts

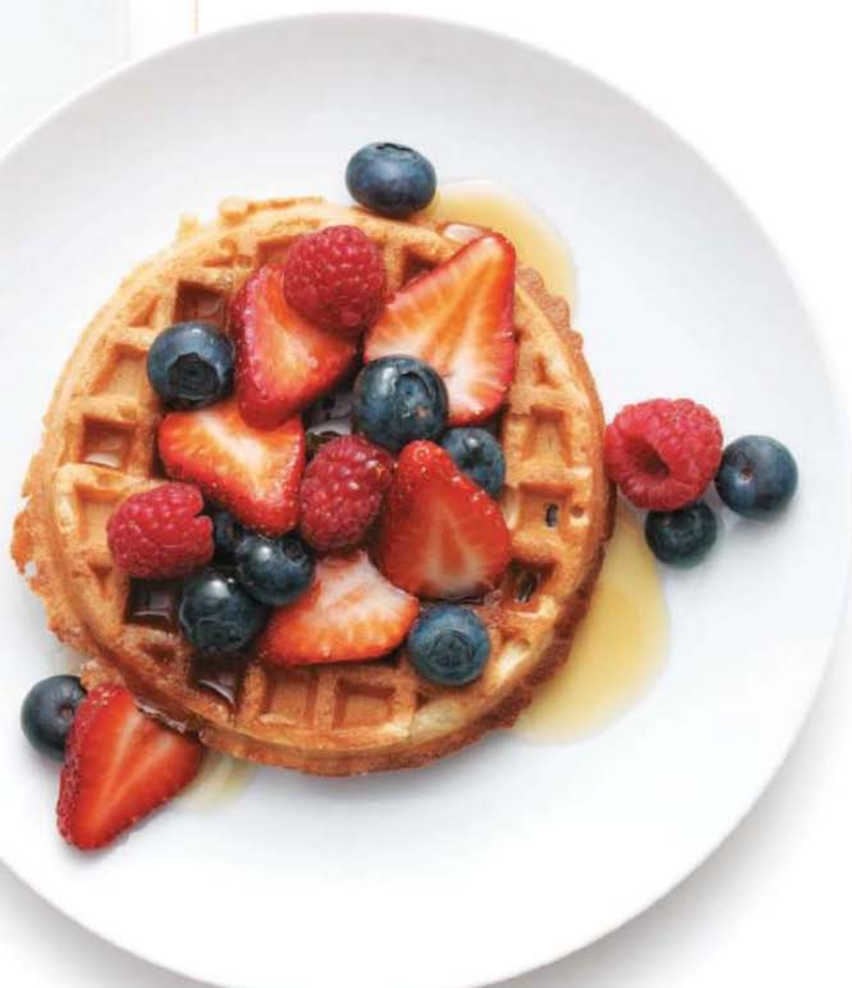
- Ordering pizza? Ask for a slice of cheese instead of a slice of sausage.
- At the vending machine, choose a Peppermint Pattie instead of an Almond Joy.
- Skip the sugary fruit-on-the-bottom yogurt and make your own by mixing ⅓ cup fresh or frozen blueberries into 6 oz nonfat plain or vanilla yogurt.
- Dip your tortilla chips in ⅓ cup chunky salsa and ditch the spicy cheese dip.
- Replace your favorite creamy salad dressing with 2 Tbsp vinaigrette.
- Replace 1 cup rice with 1 cup broccoli at dinner.
- Peel and eat a medium orange with your breakfast instead of pouring a cup of orange juice.
- Leave the butter or margarine in the fridge and smear 1 Tbsp of 100% fruit spread on your morning toast.
- Enjoy ½ cup slow-churned light ice cream (such as Edy's Mint Chocolate Chip) instead of ½ cup full-fat ice cream.
- Cook up a morning omelet using 1 full egg and 1 egg white rather than 2 eggs.

PHOTOGRAPHS: GREGOR HALENDA

Without Dieting

100-calorie cuts

- Rather than the usual doughnut, enjoy an Eggo Nutri-Grain Whole Wheat waffle with 2 Tbsp light syrup and ¾ cup sliced strawberries.
- Spread sandwich bread with 1 tsp mustard instead of 1 Tbsp mayonnaise.
- Don't reach for eight french fries; instead, choose seven sweet-potato fries (such as Ian's).
- Have a whole-wheat dinner roll instead of a buttery biscuit.
- Trade 3 oz dark chicken meat with skin for 3 oz skinless white meat.
- Skip the whip (whipped cream, that is) on a 12-oz mocha Frappuccino.
- Need something crunchy to munch? Grab 11 almonds instead of 3 graham crackers.
- Spritz veggies with five squirts of I Can't Believe It's Not Butter! Spray instead of cooking them in 1 Tbsp butter.
- When making tacos or meat loaf, use ground round or sirloin (about 95% lean) rather than ground beef (about 73% lean).
- Instead of a sub roll, wrap sandwich fixings in a whole-wheat tortilla.



200-calorie cuts

- For a meal on the run, order a McDonald's Bacon Ranch Salad with grilled chicken and lowfat balsamic vinaigrette instead of the same salad with crispy chicken and ranch dressing.
- Fill a deli sandwich with 3 oz smoked turkey breast instead of bologna.
- At dinnertime, substitute 10 medium-size shrimp sautéed in 1 tsp olive oil for 10 medium-size fried shrimp.
- Order a morning cappuccino with nonfat milk instead of half-and-half.
- Feel a fry attack coming on? Change your usual large order to a medium.
- For an afternoon pick-me-up, spread 2 tsp peanut butter on a medium-size sliced apple in place of ½ cup trail mix.
- Satisfy a chocolate craving with 1 cup 2% chocolate milk instead of a medium-size (16-oz) milkshake.
- Fill up on 1¼ cups minestrone soup (such as Healthy Choice) rather than 1½ cups New England clam chowder.
- Replace your breakfast corn muffin with a toasted whole-wheat English muffin topped with 2 Tbsp peanut butter.
- Instead of filling the cereal bowl with 1 cup granola, switch to 1 cup Cheerios with ¼ cup granola sprinkled on top. *





PHOTOGRAPHS: JULIE TOY FOR *CANYON RANCH NOURISH* BY SCOTT UEHLEIN AND CANYON RANCH, © 2009 VIKING STUDIO, A MEMBER OF PENGUIN GROUP USA, INC.

WRITTEN BY SHELLEY WOLSON

It's all about Flavor

Great new dishes from Canyon Ranch

For 30 years, Canyon Ranch Spa has been committed to serving meals that use fresh, seasonal, local and organic ingredients, and its cuisine has been the hallmark of its integrated wellness program. In the spa's new book, *Canyon Ranch Nourish* (Viking Studio, 2009), executive chef Scott Uehlein, along with staff nutritionists, showcases more than 200 of the most requested, delicious and indulgent recipes—tempting, healthy dishes that nourish both body and soul but also are intensely flavorful. The book also offers a comprehensive resources section and easy tips and techniques for every level of home cook.

Cod with Olive Salsa & Artichoke Fritters

Serves: 4 Prep: 3 min Cook: 3–5 min

- 1 tsp extra-virgin olive oil
- 4 (4 oz) cod fillets
- ¼ tsp each sea salt and freshly ground black pepper
- 1⅓ cups Olive Salsa (recipe follows)
- 4 Artichoke Fritters (recipe follows)

1. Heat olive oil in a large sauté pan over medium-high heat. Season the fillets with the salt and pepper. Sauté the cod for 3 to 5 minutes on each side, or until opaque throughout.
2. Serve each fillet topped with ⅓ cup salsa and one fritter.

Per Serving: 245 cal, 32 g pro, 15 g car, 4 g fiber, 6 g fat (1 g sat fat), 22% cal from fat, 67 mg chol, 684 mg sod

Olive Salsa

Makes: 1⅓ cups Prep: 30 min

- 1 cup quartered grape tomatoes
- ½ cup diced roasted fennel
- ½ cup chopped mixed olives—Kalamatas, Niçoise or other gourmet olives
- 1 Tbsp fresh lemon juice
- 1 tsp lemon zest, minced
- ¼ tsp each sea salt and freshly ground black pepper
- 1 Tbsp minced flat-leaf parsley
- ¼ tsp minced fresh oregano

Combine all ingredients in a medium bowl. Serve with fish, beef or chicken.

Artichoke Fritters

Makes: 4 Prep: 10 min Cook: About 15 min

- ½ lb frozen artichoke hearts or bottoms
- 2 large egg whites (about ¼ cup)
- 3 Tbsp freshly grated Parmesan
- ½ tsp minced garlic
- 1 Tbsp minced shallots
- 1 tsp minced flat-leaf parsley
- Pinch freshly ground black pepper
- 3 Tbsp unbleached all-purpose flour
- ½ tsp aluminum-free baking powder

1. Boil artichokes in salted water in a large saucepan for 7 to 10 minutes until tender. Drain and chop.
2. Fold together artichokes, egg whites, Parmesan, garlic, shallots, parsley and pepper in a large bowl.
3. Mix flour and baking powder in a small bowl or cup. Slowly fold into artichoke mixture.
4. Lightly spray a large sauté pan with canola oil. Pour ⅓ cup artichoke mixture into the pan and flatten it with a spatula. Repeat with the remaining batter. Sauté the fritters on each side over medium heat until cooked through.



Ajiaco Soup

Serves: 6 Prep: 15 min Cook: About 40 min

- 1 tsp canola oil
- 2 boneless, skinless chicken breasts (4 oz each), diced small
- 1 cup diced yellow onions
- ½ tsp minced garlic
- 1 tsp paprika
- Pinch cayenne
- 3½ cups chicken stock
- ¾ cup corn (fresh or thawed frozen kernels)
- 1 cup diced yucca root (see Note) or potatoes
- 1 cup light coconut milk
- ½ tsp salt
- 2 Tbsp fresh lime juice

1. Heat the canola oil in a large sauté pan over medium heat. Sauté the chicken until golden brown and cooked through, 2 to 3 minutes. Add the onions and garlic, and sauté until the onions are translucent. Add the paprika and cayenne, and cook briefly.

2. Stir in the chicken stock, corn, yucca and coconut milk. Simmer for 30 minutes, or until the yucca is cooked through. Season with the salt and lime juice.

Per Serving: 175 cal, 12 g pro, 20 g car, 2 g fiber, 4 g fat (2 g sat fat), 21% cal from fat, 28 mg chol, 199 mg sod

Note: Adding yucca root (also known as manioc or cassava) to this hearty soup is a way to introduce a popular Latin-American staple to your family. Look for it in a Latin-American grocery store or in a natural foods supermarket. It has a tough brown skin, which should be removed prior to cooking, and crisp white flesh when peeled. Cut out the tough center core. It deserves nutritional kudos since it is a good source of vitamin C, iron, magnesium and potassium.

Raspberry Chocolate Angel Food Cake

Serves: 20 Prep: 10 min
Bake: 40–50 min

- ⅓ cup cocoa powder
- ¾ cup unbleached all-purpose flour
- 1⅓ cups evaporated cane juice
- ¼ tsp salt
- 1½ cups (12) egg whites
- 1 tsp cream of tartar
- ½ tsp each almond and pure vanilla extract

RASPBERRIES

- 4 cups fresh or frozen raspberries, slightly thawed
- ¼ cup evaporated cane juice

SWEETENED WHIPPED CREAM

- 1½ cups heavy cream
- 1 Tbsp evaporated cane juice
- Seeds scraped from ½ vanilla bean

1. Preheat oven to 325°F. Lightly coat a 9-in. tube or Bundt pan with canola spray.

2. Whisk together cocoa powder, flour, ⅓ cup of the cane juice and salt in a small bowl; set aside.

3. With an electric mixer on medium-low, beat egg whites with cream of tartar in a large bowl until whites are frothy. Slowly add remaining cup of cane juice and extracts. Increase speed to high and beat until firm peaks form. Stop the mixer and slowly sift cocoa mixture over the egg whites. Fold in gently with a spatula. Pour batter into prepared pan.

4. Bake for 40 to 50 minutes, until slightly resistant to the touch or a toothpick inserted in center comes out clean. Cool in pan on a wire rack for 1 hour. Use a knife to loosen sides and bottom of pan before removing cake.

5. While cake is cooling, combine raspberries and cane juice in a medium bowl and set aside for 15 to 20 minutes until juicy and well blended.

6. With a wire whisk or electric mixer in a chilled bowl, whip together the cream, cane juice and vanilla seeds.

7. Serve each slice of cake with 1 Tbsp raspberries and 1 Tbsp of whipped cream. Or, serve cake whole garnished with raspberries as shown.

Per Serving: 145 cal, 3 g pro, 25 g car, 3 g fiber, 4 g fat (4 g sat fat), 25% cal from fat, 12 mg chol, 58 mg sod *





Can Female Hair Loss Be Reversed?

The ONLY hair loss therapy designed exclusively for a woman's biochemistry offers new hope for those suffering in silence.

If you are a woman suffering from hair loss or thinning hair, you are not alone. According to the American Academy of Dermatology, more than **30 million** American women are coping with the daily nightmare of hair loss.

That means 30 million women are facing the same stress, worry and embarrassment every time they look in the mirror or comb their hair. And these women are searching for a better way to regain a healthy head of hair and the self-confidence that comes along with it.

Clinically Proven Treatment

Today, every woman suffering from hair loss has new hope for re-growing hair and reclaiming their confidence. Finally, the researchers behind the ***International Hair Institute*** have created **Keranique**, a system containing the only clinically approved ingredient that will not only REVERSE hair loss in women and re-grow hair but will make your hair look and feel amazing

Keranique is Unique..and For Women ONLY

The Keranique system is a simple yet revolutionary technology formulated especially for women who want to restore their hair with richer, fuller volume and texture while working to end the misery of ever increasing hair loss. Keranique's proprietary system is designed to help women who are concerned about hair loss, thinning hair and loss of texture and body. Keranique is the results of years of research by International Hair Institute and is specifically designed to work exclusively with the biochemistry of women.

Hair Loss is Not Created Equal

For years, the discussion of women's hair loss has been taboo. While the market for products dealing with men's hair loss has exploded, women struggling with their own hair loss issues were forced to suffer alone, hiding under wigs, scarves and hats...or worse.

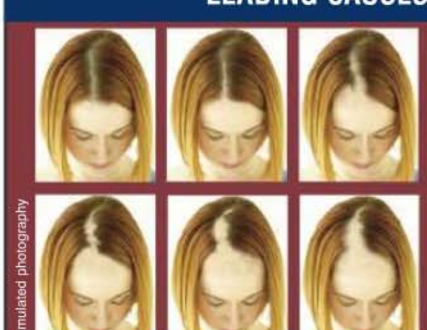
But the number of women suffering has become so large that even the medical community is finally acknowledging this issue and as they are seeing women with hair loss at earlier and earlier ages. The problem can no longer be ignored. That is why the ***International Hair Institute*** was created. While balding in men is accepted as almost a genetic predisposition coupled with age, in women, the leading causes of hair loss are varied. This epidemic is so vast it has been reported that 50% of all women over 50 are dealing with some form of hair loss or thinning hair!

In clinical trials, women experienced 2.7 times the hair growth using the FDA-approved ingredient in Keranique

Visibly restores fullness, texture and body

Many women have tried popular hair loss treatments designed for men which contain 5% minoxidil. But such a high percentage concentration can cause serious side effects and is NOT recommended for use by women by the FDA. Keranique system is designed to work with a women's natural body chemistry to help restore the scalp, build back the richness and fullness in hair, while reversing hair loss and re-growing hair. Women all over the U.S. who have tried Kernanique love the way it leaves their hair silky smooth and the amazing results.

LEADING CAUSES OF FEMALE HAIR LOSS



Age: 50% of women experience hair loss by 50.

Hormones: Imbalances may shrink hair follicles.

Genetics: Family history may cause hair loss.

Stress: Can lead to hormonal imbalances.

Scalp: Poor care can accelerate hair loss.

Diet: Lack of protein, iron can impede growth.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, cure, mitigate or prevent any disease. Consult with your doctor before starting any medication. Customer responsible for return postage.



What Our Customers Have To Say About Keranique…

"I truly love this product. My husband, who notices nothing, keeps telling me my hair looks thicker. And I can tell my roots are getting stronger!"

Results not typical — *Jodi, MO*

Try KERANIQUE RISK FREE for 30 days!

The chemists from the International Hair Institute are so confident in the success of the **Keranique** system, they're offering a **30 day Risk FREE** trial... because seeing is believing! Keranique is made in small batches by a specialty lab and includes the only FDA ingredient approved for women who want to stop hair loss now and start re-growing hair.

But supplies are limited so you must call today. To get your risk free trial of Keranique, for just a small shipping and processing fee call 888-218-8051. Your call is confidential and our operators are authorized to allow only one Keranique system per household.

If you want to end the embarrassment of hair loss and help restore the richness and fullness to your hair you owe it to yourself to try the Keranique system, perhaps the greatest breakthrough in hair rejuvenation technology ever.

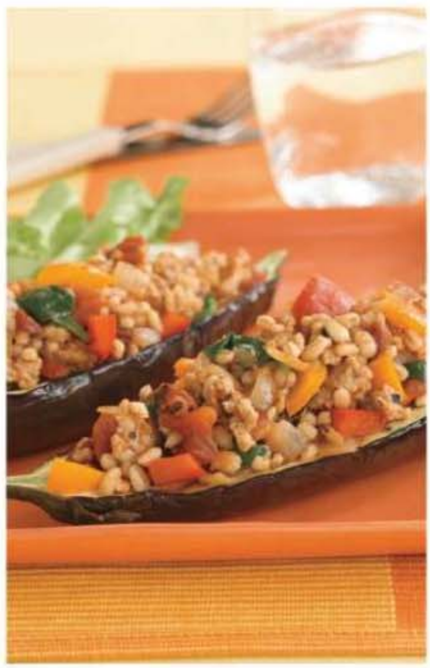
Call 888-218-8051 Today to Get Your FREE TRIAL of Keranique!

KERANIQUE

Mention Promotional Code KQ100009 to find out how to get the Keranique Follicle Boosting Serum FREE

Eating Light™







A Light Touch

Make all your menus healthier without sacrificing flavor! With our simple, slimmed-down renditions of all your favorite dishes, you'll have no trouble serving fresh, delicious and sensational meals that will have everyone asking for more.



Eating Smarter

5 MEALS THAT CAN SAVE YOUR LIFE

Beef & Bulgur Falafel

Serves: 4 **Prep:** 15 min **Bake:** 10 min

- ¾ cup bulgur wheat
- 8 oz 90% lean ground beef
- ¼ cup sliced scallion
- 1½ tsp minced garlic
- 1 tsp each ground cumin and turmeric
- ¼ tsp salt
- Nonstick cooking spray
- 1 cup plain fat-free yogurt
- ½ cup diced cucumber
- 2 Tbsp chopped fresh mint, plus ½ cup leaves
- 4 multigrain pitas, cut in half
- 1½ cups shredded red cabbage
- 1 large yellow pepper, sliced

1. Put bulgur in a medium bowl. Add boiling water to cover; let soak 15 minutes or until tender. Drain well; return to bowl.

2. Heat oven to 425°F. Line baking pan with nonstick foil. Add beef, scallion, garlic, cumin, turmeric and salt to bowl with bulgur. Using hands, combine until well mixed.

3. Form mixture into 24 little patties, ½ in. thick. Place on prepared pan and coat with nonstick spray. Bake 10 minutes or until lightly browned and cooked through.

4. Meanwhile, combine yogurt, cucumber and chopped mint in a small bowl.

5. To serve, fill pitas with shredded cabbage, pepper, mint leaves and falafel; top with sauce.

Per serving: 421 cal, 27 g pro, 68 g car, 12 g fiber, 7 g fat (2 g sat fat), 15% cal from fat, 35 mg chol, 572 mg sod

Tomato-Dill Soup

Serves: 6 **Prep:** 10 min
Cook: 10 min

- 2 tsp light butter
- ¾ cup chopped shallots
- 1 can (28 oz) diced tomatoes in juice, undrained
- 1 can (14 oz) reduced-sodium chicken broth
- 3 Tbsp tomato paste
- 2 Tbsp chopped dill

1. Melt butter in a medium saucepan. Add shallots; cover and cook over medium-low heat 5 minutes, stirring occasionally, until tender.

2. Add tomatoes with juice, broth and tomato paste; bring to a boil. Reduce heat and simmer 5 minutes for flavors to blend.

3. Remove from heat; stir in dill.

Per serving: 49 cal, 2 g pro, 9 g car, 1 g fiber, 1 g fat (0 g sat fat), 18% cal from fat, 2 mg chol, 666 mg sod

PHOTOGRAPHS: ANASTASSIOS MENTIS

RECIPES BY WOMAN'S DAY TEST KITCHENS



◀ Mustard-Glazed Salmon Steaks

Serves: 4 Prep: 3 min Cook: 17 min

- 4 1-in.-thick salmon steaks (about 7 oz each)
- ¼ cup each light brown sugar and Dijon mustard

1. Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil. Place salmon steaks on top.
2. Whisk brown sugar and mustard in small bowl until blended. Evenly divide on top of each salmon steak, spreading to cover.
3. Bake 15 minutes or until cooked through. Broil, 4 in. from top, 2 minutes or until top is golden.

Per serving: 352 cal, 40 g pro, 15 g car, 0 g fiber, 14 g fat (2 g sat fat), 36% cal from fat, 109 mg chol, 178 mg sod

Broccoli-Walnut Salad

Serves: 4 Prep: 10 min
Cook: 3 min

- 1 bunch broccoli (about 1½ lb)
- 1 small red onion, thinly sliced
- ½ cup golden raisin and dried cherry mixture (such as Sun-Maid)

BUTTERMILK DRESSING

- ½ cup lowfat buttermilk
- 2 Tbsp light mayonnaise
- 1 Tbsp cider vinegar
- 1 tsp sugar
- ¼ tsp salt
- ½ cup toasted walnut pieces

1. Cut broccoli into florets. Peel tough skin of broccoli stalks and cut stalks crosswise into ¼-in.-thick slices.
2. Bring 1 in. water to boil in large saucepan fitted with a steamer basket. Add broccoli; steam 3 minutes. Immediately rinse with cold water to chill; drain well. Toss broccoli with onion and dried fruit.
3. Dressing: Whisk all dressing ingredients except walnuts in small bowl. Toss with broccoli. Sprinkle with walnuts just before serving.

Per serving: 143 cal, 5 g pro, 26 g car, 4 g fiber, 3 g fat (1 g sat fat), 19% cal from fat, 4 mg chol, 266 mg sod

Mexican Chicken Stew ▶

Serves: 6 Prep: 15 min
Cook: About 25 min

- 1 lb boneless, skinless chicken breasts, cut bite-size
- 1½ Tbsp flour
- 2 tsp olive oil
- 1 lb sweet potatoes, peeled, cut bite-size
- 1 yellow pepper, cut bite-size
- 1 cup chopped onion
- 2 cups water
- 1 can (28 oz) diced tomatoes
- 2½ Tbsp salt-free chili powder blend
- 1 Tbsp minced garlic
- 1 tsp dried oregano
- 1 cup frozen corn
- 1 can (16 oz) kidney beans, rinsed
- ½ cup chopped cilantro

1. Sprinkle chicken with flour; toss to coat. Heat 1½ tsp oil in a nonstick Dutch oven. Add chicken; sauté 5 minutes until cooked through. Remove.
2. Heat remaining ½ tsp oil. Add sweet potatoes, pepper and onion; cover and cook 7 minutes, stirring often, until lightly colored.
3. Add water, tomatoes, chili powder, garlic and oregano. Reduce heat; cover and simmer 10 minutes until vegetables are almost tender.
4. Add corn and beans; simmer 2 minutes until vegetables are tender. Remove from heat; stir in cilantro.

Per serving: 305 cal, 25 g pro, 44 g car, 10 g fiber, 3 g fat (1 g sat fat), 9% cal from fat, 44 mg chol, 514 mg sod



Roasted Vegetable Pasta

Serves: 6   Prep: 20 min   Cook: 30 min

- 4 cups cauliflower florets (1 head)
- 4 cups 1-in.-cubed butternut squash
- 1 red onion, coarsely chopped
- 2 medium red peppers, coarsely chopped
- 2 Tbsp olive oil
- 1 Tbsp each minced garlic and chopped fresh sage
- ¼ tsp pepper
- 1 box (14 to 16 oz) multigrain spaghetti (we used Barilla Plus)
- 1 bag (9 oz) baby spinach
- ¼ cup grated Parmesan

1. Adjust oven racks to divide oven into thirds. Heat oven to 450°F. Line 2 rimmed baking sheets with foil; coat with nonstick cooking spray.
2. Bring a large pot of lightly salted water to boil.
3. Toss cauliflower, squash, red onion and red peppers with oil, garlic, sage and pepper. Divide vegetables onto the baking sheets. Roast 30 minutes, switching position of pans once, until vegetables are tender.
4. Meanwhile, cook pasta in boiling water as package directs, reserving 1 cup pasta cooking water. Stir spinach into pot before draining pasta. Return pasta to pot. Toss with vegetables, Parmesan and reserved cooking water.
Per serving: 422 cal, 19 g pro, 71 g car, 13 g fiber, 9 g fat (1 g sat fat), 19% cal from fat, 3 mg chol, 169 mg sod



Roasted Ginger Carrots

Serves: 4 Prep: 10 min Cook: 20 min

- 1½ lb carrots, peeled
- ¼ cup honey
- 1 Tbsp each grated fresh ginger and lemon juice
- 1 Tbsp melted light butter

1. Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil. Cut carrots into 1½-in.-long diagonal pieces; if thick, halve lengthwise, too.
2. Stir honey, ginger, lemon juice and melted butter in small bowl. Put carrots on baking sheet in single layer; toss with honey mixture. Roast 20 minutes, tossing once, until tender and glazed. Serve with pork.

Per serving: 143 cal, 2 g pro, 33 g car, 5 g fiber, 2 g fat (1 g sat fat), 13% cal from fat, 4 mg chol, 79 mg sod

Wild Rice Pilaf

Serves: 4 Prep: 6 min Cook: 17 min

- 1 Tbsp light butter or oil
- 2 shallots, minced (⅓ cup)
- 1 cup mixed Texmati, white, brown, wild and red rice (such as Royal Blend)
- 1 can (14½ oz) chicken broth
- ⅓ cup (2 oz) dried blueberries
- 1 tsp fresh thyme
- ½ cup toasted slivered almonds
- 2 Tbsp chopped parsley

1. Heat butter in medium saucepan over medium heat. Cook shallots 2 minutes until softened. Add rice and chicken broth, bring to boil, cover, reduce heat and simmer 12 minutes.
2. Stir in blueberries and thyme; cook 3 minutes more or until rice is tender. Remove from heat and let stand 5 minutes. Stir in almonds and parsley. Serve with pork.

Per serving: 264 cal, 7 g pro, 37 g car, 4 g fiber, 10 g fat (2 g sat fat), 34% cal from fat, 4 mg chol, 228 mg sod



Pork Cutlets with Cranberry Port Sauce

Serves: 4 Prep: 6 min Cook: About 7 min

- 8 boneless pork chops (1¼ lb), each about ½ in. thick
- 2 tsp minced fresh rosemary
- ¼ tsp each salt and pepper
- 1 Tbsp olive oil
- ¾ cup port wine
- 1 cup whole cranberry sauce

1. Season pork on both sides with rosemary, salt and pepper. Heat oil in large nonstick skillet over medium-high heat.
2. Add pork to skillet in batches; cook, turning once, 2 minutes or until browned and cooked through. Remove pork to plate; cover.
3. Add wine and cranberry sauce to skillet; cook, whisking, about 2 minutes until sauce is slightly thickened. Spoon over pork.

Per serving: 377 cal, 29 g pro, 34 g car, 1 g fiber, 12 g fat (4 g sat fat), 29% cal from fat, 91 mg chol, 253 mg sod ✻

NEW TAKES ON EVERYONE'S FAVORITE

CHICKEN WINNERS



◀ Chicken with Ruby Grapefruit & Cranberry Salsa

Serves: 4 Prep: 10 min
Cook: About 8 min

- 2 Tbsp flour
- 1 tsp paprika
- ½ tsp salt
- 4 skinless, boneless chicken breasts (about 6 oz each)
- 2 tsp oil

SALSA

- 1 can (16 oz) whole-berry cranberry sauce
- 1 large ruby grapefruit, peeled and white pith removed, cut in sections, sections halved (or 1 cup jarred red grapefruit sections, sections halved)
- 2 Tbsp each sliced scallions and fresh mint
- 1 Tbsp minced, seeded red jalapeño pepper
- 1 Tbsp chopped crystallized ginger

1. Mix flour, paprika and salt in a plastic food bag. Add chicken; shake to coat.
2. Heat oil in a large nonstick skillet Add chicken and cook, turning once, 6 to 8 minutes until browned and cooked through.
3. Meanwhile, mix Salsa ingredients in a bowl to blend. Serve with chicken.

Per serving: 435 cal, 40 g pro, 57 g car, 2 g fiber, 5 g fat (1 g sat fat), 10% cal from fat, 99 mg chol, 462 mg sod

PHOTOGRAPHS: OPPOSITE, ANASTASSIOS MENTIS; THIS PAGE, MARK THOMAS



▲ Apple-Stuffed Chicken

Serves: 4 Prep: 20 min Cook: 15–20 min

- 1 empire, Fuji or Braeburn apple, cored and finely diced
- ½ cup shredded reduced-fat Cheddar
- 2 Tbsp seasoned dried bread crumbs
- 1½ tsp chopped fresh thyme, plus 3 large sprigs
- 1 Tbsp lemon juice
- ½ tsp each salt and freshly ground pepper, mixed
- 4 skinless, boneless chicken breasts (6 oz each)
- ¼ cup all-purpose flour, for dredging
- 2 tsp canola oil
- ¾ cup apple cider
- ½ cup chicken broth
- 2 tsp Dijon mustard

1. You'll need 12 wooden toothpicks coated with nonstick spray. In a small bowl, mix apple, cheese, bread crumbs, chopped thyme, lemon juice and half the salt mixture. On a cutting board, lightly press each chicken breast flat with one hand; using a sharp knife, carefully cut into side of breast to form a deep, horizontal pocket (do not pierce top, bottom or far side of breast).
2. Divide the apple mixture into 4 portions and stuff into chicken pockets. With the prepared toothpicks, pin closed. Sprinkle the remaining salt mixture over breasts. Dredge chicken in flour to lightly coat; tap off excess flour. (At this point, chicken can be refrigerated, covered, up to 6 hours.)
3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and brown 3 minutes per side. Pour ½ cup of the apple cider and the broth into skillet; add thyme sprigs. Bring mixture to a boil; reduce heat to low, cover and simmer 5 to 7 minutes until chicken is cooked through and stuffing registers 165°F on an instant-read thermometer.
4. Remove chicken to a serving plate; cover with foil to keep warm. Whisk mustard and remaining ¼ cup cider into juices in skillet; boil mixture 3 minutes on high until reduced and slightly thickened. Spoon sauce over chicken and serve.

Per serving: 342 cal, 45 g pro, 20 g car, 2 g fiber, 8 g fat (3 g sat fat), 21% cal from fat, 109 mg chol, 693 mg sod

RECIPES BY WOMAN'S DAY TEST KITCHENS



Balsamic Chicken with Thyme

Serves: 4 Prep: 10 min Cook: About 20 min

- ¼ cup flour
- ¾ tsp each salt and pepper
- 4 boneless, skinless chicken breasts
- 2 Tbsp olive oil
- 1 large red onion, cut in half lengthwise, then thinly sliced (2 cups)
- 1 cup chicken broth
- 2 Tbsp balsamic vinegar
- 2 tsp fresh thyme leaves or ½ tsp dried

1. Mix flour and ½ tsp each salt and pepper on a plate. Add chicken; turn to coat. Shake off excess.
2. Heat oil in a large cast-iron or other heavy skillet over medium heat. Add chicken and cook, turning once, 10 minutes or until browned and cooked through. Remove to a plate; cover to keep warm.
3. Add onion to skillet and sauté 1 to 2 minutes until lightly browned. Add broth, vinegar, thyme and remaining ¼ tsp each salt and pepper. Bring to a boil and cook, stirring often, 7 minutes or until onions are soft and sauce is syrupy. Spoon over chicken.

Per serving: 286 cal, 35 g pro, 14 g car, 2 g fiber, 9 g fat (2 g sat fat), 22% cal from fat, 82 mg chol, 787 mg sod

Sicilian Chicken Breast with Zucchini

Serves: 4 Prep: 10 min Cook: 8–10 min

- 4 navel oranges
- ¼ cup olive oil & vinegar dressing
- 4 chicken breasts (about 1½ lb)
- ⅓ cup halved pitted Kalamata olives
- ¼ cup thinly sliced red onion
- 3 Tbsp sliced mint
- 4 small zucchini, halved lengthwise
  Nonstick spray
- ¼ tsp each salt and pepper
- 1 bag (4 to 5 oz) baby arugula

1. Squeeze juice from 1 orange (you should have ½ cup). Pour ¼ cup juice and 2 Tbsp dressing into a ziptop bag. Add chicken, seal bag and marinate at room temperature 15 minutes.
2. Meanwhile, heat outdoor grill. Remove peel and white pith from remaining 3 oranges. Cut in half and slice. Put into a medium bowl; add olives, onion, mint and remaining juice and dressing; toss to mix.
3. Coat zucchini with nonstick spray; sprinkle with salt and pepper. Remove chicken from marinade; discard bag with marinade.
4. Grill chicken and zucchini 8 to 10 minutes, turning once, until chicken is lightly charred and cooked through and zucchini is tender.
5. Line individual plates or a platter with arugula; top with chicken, then orange mixture. Serve with zucchini.

Per serving: 352 cal, 42 g pro, 22 g car, 4 g fiber, 10 g fat (2 g sat fat), 26% cal from fat, 99 mg chol, 509 mg sod



PHOTOGRAPHS: THIS PAGE FROM TOP, MARK THOMAS, CHARLES SCHILLER; OPPOSITE, JACQUELINE HOPKINS

Chicken Tortilla Soup

Serves: 4 Prep: 5 min Cook: About 10 min

- 4 corn tortillas, halved, then cut crosswise in narrow strips
- 2 cans (14.5 oz each) chicken broth
- 1 medium zucchini, cut in ¾-in.-thick half-rounds
- ½ tsp each minced garlic and ground cumin
- 1 cup corn
- 1 can (16 oz) red kidney beans, rinsed
- 1½ cups large shreds cooked chicken
- 1 large ripe tomato, cut in 1-in. chunks
- ½ cup chopped cilantro

1. Coat a 5- to 6-qt pot or Dutch oven with nonstick spray; heat over medium heat. Add tortilla strips and cook 5 minutes, turning occasionally, until lightly toasted. Remove to a paper towel or plate.

2. Add broth, zucchini, garlic and cumin to pot; bring to a boil. Reduce heat, cover and simmer 3 minutes, or until zucchini is crisp-tender.

3. Stir in tortilla strips, corn and beans; continue to simmer 2 minutes until tortillas soften. Stir in remaining ingredients; heat through.

Per serving: 309 cal, 26 g pro, 36 g car, 8 g fiber, 6 g fat (1 g sat fat), 17% cal from fat, 47 mg chol, 730 mg sod





◀ Asian Peanut Chicken with Cucumber Salad

Serves: 4 Prep: 15 min
Cook: About 10 min

- 1 seedless cucumber (18 oz)
- ⅓ cup seasoned rice vinegar
- ¼ cup chopped mint
- 1 pkg (3.5 oz) peanut sauce mix (A Taste of Thai), both envelopes
- 4 skinless, boneless chicken breasts (about 7 oz each), tenderloins removed
- 1 Tbsp oil
- 1¼ cups water

1. Cut cucumber crosswise in half, then cut each piece lengthwise in half. Place each flat side down and cut into thin lengthwise slices. Toss cucumber, vinegar and mint in large bowl. Cover and refrigerate until chilled.
2. Place 1 envelope dry peanut sauce mix on sheet of wax paper; turn chicken breasts in mix to coat.
3. Heat oil in large nonstick skillet over medium heat. Add chicken and cook, turning once, 6 minutes or until golden and instant-read thermometer inserted side to center registers 165°F. Remove to plate; cover slightly to keep warm.
4. Add water and remaining envelope of peanut sauce mix to skillet. Bring to a boil; cook, stirring, about 3 minutes or until slightly thickened. Serve sauce on the chicken and the cucumber salad alongside.

Per serving: 331 cal, 36 g pro, 26 g car, 3 g fiber, 8 g fat (2 g sat fat), 22% cal from fat, 82 mg chol, 1,189 mg sod

BANG FOR YOUR CLUCK

Stretch those dollars by roasting a whole 4- to 5-lb chicken for the family and then put leftovers to work with these ideas:

SIMMER the carcass (just bones) in water with carrots, onions, celery and herbs for up to 4 hours. You'll have stock to strain and turn into soup or to add to an endless number of recipes.

COMBINE chopped chicken with onions and potatoes and bake into a folded circle of prepared dough for a quick and easy meat pie.

TURN shredded meat into chicken salad with a light dressing—lunch for days, low in calories!

SAUTÉ chicken with veggies and zesty spices for taco filling with a kick.

TOP a hearty salad, pasta recipe or rice dish with chicken pieces for just enough protein. Supplement with heart-healthy beans. *Lindsay Damast*

PHOTOGRAPHS: OPPOSITE, MARY ELLEN BARTLEY; THIS PAGE, CHARLES SCHILLER



▲ Chicken Skewers with Chirmol Salsa

Serves: 4 Prep: 15 min Cook: About 10 min

Chirmol, a Guatemalan grilled tomato salsa, means "smashed tomatoes." A nice accompaniment is quick-cooking rice prepared with diced summer squash and grated lemon zest.

CHICKEN SKEWERS

- 2 tsp olive oil
- 1 Tbsp lemon juice
- 1 tsp dried oregano
- ¼ tsp each salt and pepper
- 8 chicken tenderloins (about 1¼ lb)

CHIRMOL SALSA

- 5 large ripe plum tomatoes
- Nonstick spray
- ¼ cup each sliced scallions and mint
- 1 small jalapeño pepper, seeded and minced
- 1 tsp minced garlic
- ¼ tsp salt

1. Chicken Skewers: Heat outdoor grill. Mix ingredients in a plastic food bag and seal. Marinate 15 minutes. You'll need 8 skewers.
2. Meanwhile, make Salsa: Coat tomatoes with nonstick spray. Grill, turning, 5 minutes or until skins are charred. Remove to a bowl; mash until almost smooth. Stir in rest of ingredients.
3. Thread chicken on skewers. Coat with nonstick spray. Grill 4 minutes, turning once, or until lightly charred and cooked through. Serve with the salsa.

Per serving: 205 cal, 34 g pro, 5 g car, 1 g fiber, 5 g fat (1 g sat fat), 22% cal from fat, 82 mg chol, 388 mg sod



▼ Chicken & Vegetables with Creamy Mustard-Herb Sauce

Serves: 4 Prep: 15 min Cook: 7–9 hr (low)

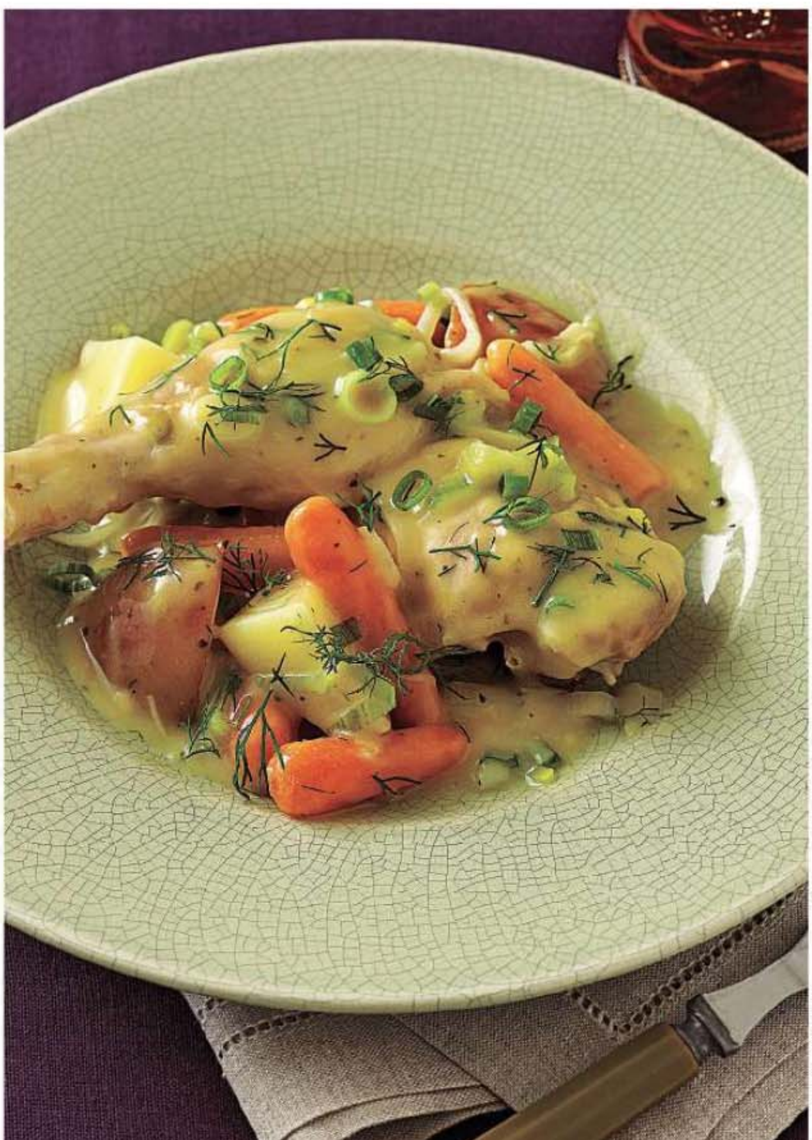
- 1 can (10.75 oz) condensed cream of chicken soup with herbs
- 2 leeks (about 8 oz), rinsed, white and light green parts thinly sliced (1½ cups), or 1½ cups sliced scallions
- 4 whole chicken thighs (about 1½ lb), skin removed
- 4 medium new potatoes (about 12 oz), cut in 1½-in. chunks
- 8 oz baby carrots (1¼ cups)
- 1 Tbsp Dijon mustard
- 2 Tbsp each snipped dill and sliced scallion

1. Stir soup and leeks in a 3½-qt or larger slow cooker until blended. Add chicken, potatoes and carrots; stir to mix and coat.

2. Cover and cook on low 7 to 9 hours until chicken, potatoes and carrots are tender when pierced.

3. Remove chicken and vegetables to serving bowl with a slotted spoon. Add mustard to cooker; whisk until smooth. Stir in the dill and scallion; spoon over chicken and vegetables.

Per Serving: 362 cal, 36 g pro, 31 g car, 4 g fiber, 9 g fat (2 g sat fat), 22% cal from fat, 133 mg chol, 769 mg sod



▲ Chicken Cacciatore Parmesan

Serves: 16 Prep: 15 min
Initial Cook Time: 36–42 min Reheat Time: 40 min

- ½ cup flour
- 16 boneless, skinless chicken breasts (about 6 oz each)
- 4 Tbsp oil
- 3 large yellow peppers, cut in strips
- 2 large onions, sliced
- 2 pkg (8 oz each) sliced mushrooms
- 1 jar (25.6 oz) Italian Sausage & Garlic pasta sauce (such as Prego)
- 1 cup water
- ¾ cup pitted Kalamata olives
- 1 bag (8 oz) shredded mozzarella

1. You'll need four 8×8×2-in. baking dishes. Spread flour on wax paper; dip chicken in flour to coat.

2. Cook chicken in batches (6, 6 and 4) in a deep 12-in. straight-sided nonstick skillet, heating 1 Tbsp oil per batch over medium-high heat before adding chicken. Cook 8 to 10 minutes, turning once, until browned and cooked through, putting 4 in each baking dish.

3. Heat remaining Tbsp oil in same skillet over medium-high heat. Add peppers, onions and mushrooms; sauté 12 minutes or until tender.

4. Off heat, pour sauce into skillet; stir in water and olives. Spoon 2 cups over chicken in each baking dish. Sprinkle each with ½ cup cheese. Cover with plastic wrap, then tightly cover with nonstick foil. Label and freeze up to 3 months.

5. To reheat: Defrost. Heat oven to 350°F. Remove nonstick foil and plastic wrap, then re-cover with the foil. Bake 35 to 40 minutes until sauce bubbles around edges, cheese melts and chicken is heated through. Good with crusty bread to sop up all the sauce.

Per serving: 359 cal, 44 g pro, 15 g car, 3 g fiber, 12 g fat (4 g sat fat), 30% cal from fat, 113 mg chol, 469 mg sod

PHOTOGRAPHS: THIS PAGE FROM TOP, FRANCES JANISCH, DASHA WRIGHT; OPPOSITE, CHARLES SCHILLER

Roast Rosemary Chicken & Vegetables

Serves: 4 Prep: 10 min Cook: 30 min

8 small chicken drumsticks (about 1¾ lb)
4 large red potatoes, each cut in 8 wedges, wedges halved
2 large peppers, cut in ¾-in. wedges
1 large red onion, cut in ½-in.-thick slices
2 Tbsp olive oil
3 Tbsp chopped fresh rosemary or 1½ tsp dried
2 Tbsp chopped garlic
½ tsp each salt and freshly ground pepper
½ cup pitted Kalamata olives, cut in half
Serve with: balsamic vinegar to drizzle over chicken and vegetables

1. Position racks to divide oven in thirds. Heat oven to 500°F. You'll need 2 rimmed baking sheets lined with nonstick foil.
2. Distribute drumsticks, potatoes, peppers and onion evenly between pans. Drizzle with oil; sprinkle with rosemary, garlic, salt and pepper and toss to turn and coat.
3. Roast 30 minutes, stirring mixtures after 15 minutes, or until chicken is cooked and vegetables are tender.
4. Arrange on platter; add olives.

Per serving: 509 cal, 32 g pro, 48 g car, 6 g fiber, 21 g fat (4 g sat fat), 37% cal from fat, 108 mg chol, 574 mg sod ✻



SIMPLE

Lowfat versions of primo pasta



Italian Pasta & Meatballs ▶

Serves: 4 Prep: 5 min Cook: 20 min

- 1 can (14½ oz) chicken broth
- 1 cup water
- ½ lb mini-rigatoni pasta (3 cups)
- 1 pkg (12 oz) refrigerated ready-to-heat Italian turkey meatballs
- 1 box (9 oz) frozen Italian green beans
- 1 pint grape tomatoes, halved
- 3 Tbsp reduced-fat Italian salad dressing
- ½ cup shredded Parmesan

Serve with: additional shredded Parmesan

1. Bring broth and water to a boil in a large nonstick skillet. Stir in pasta, cover, reduce heat to medium-high and cook 10 minutes, stirring occasionally. Stir in meatballs, green beans, tomatoes and Italian dressing; return to a boil. Cover, reduce heat to medium and simmer 5 minutes, stirring often, until pasta is tender and most of liquid is absorbed.

2. Remove from heat; stir in ½ cup Parmesan. Serve with more Parmesan.

Per serving: 444 cal, 25 g pro, 55 g car, 5 g fiber, 12 g fat (5 g sat fat), 24% cal from fat, 52 mg chol, 838 mg sod

▲ Penne Greek-Style with Chickpeas

Serves: 4 Prep: 10 min Cook: 10 min

- 12 oz penne rigate
- 1 (15-oz) can chickpeas, drained
- 1 (7-oz) jar roasted peppers, drained and sliced
- 1 (6-oz) jar quartered marinated artichoke hearts, undrained
- ½ cup sliced scallions
- ¼ cup pitted Kalamata olives
- 1 cup crumbled feta cheese
- Freshly ground pepper, to taste

1. Boil penne rigate as package directs, reserving 1 cup cooking water before draining.

2. Meanwhile in a large nonstick skillet over medium-high heat, toss chickpeas, roasted peppers, artichoke hearts, scallions and olives until hot.

3. Toss with drained pasta, feta cheese, ground pepper and reserved cooking water as needed.

Per serving: 633 cal, 22 g pro, 95 g car, 8 g fiber, 18 g fat (8 g sat fat), 26% cal from fat, 34 mg chol, 962 mg sod

Know Your Noodles

Carb-fearing dieters often cast off pasta as Enemy Number One. But before surrendering to that mentality, study this cheat sheet to learn about nutrient-packed varieties.

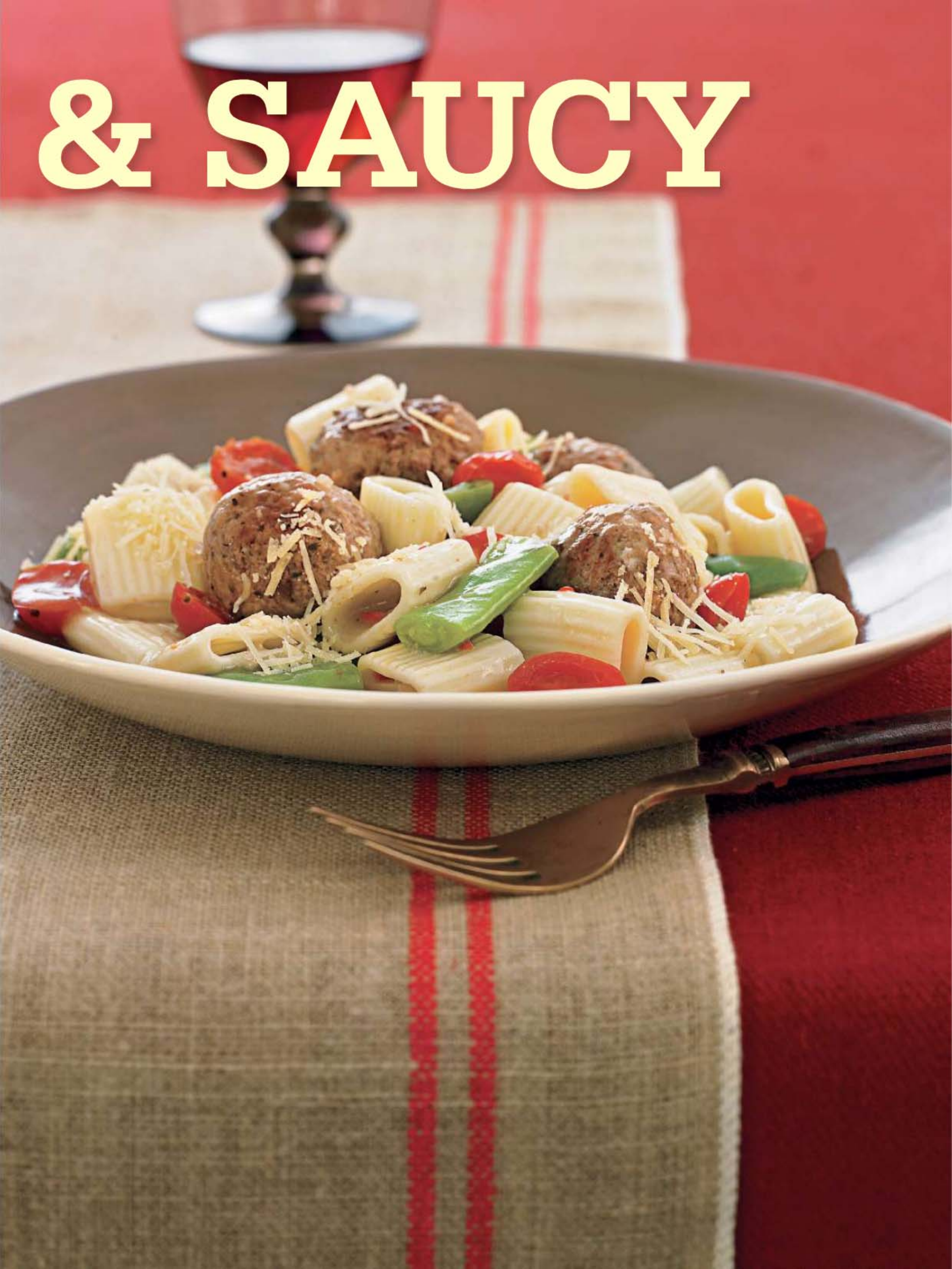
Most American and Italian pastas are durum semolina, made from high-gluten, exceptionally hard durum wheat. But in addition to wheat, pastas are made from rice, corn, beans, potatoes and alternative grains like spelt and quinoa.

Gluten-free pastas are made from other starches and flours like rice, potato and soy. Vegetarians and protein lovers delight in high-protein varieties made from legumes like lentils, soya, black, garbanzo and pinto beans. Health-conscious eaters enjoy whole-wheat, whole-grain and high-fiber pastas for optimum nutrition and their rich, nuttier flavors. And since low-carb options contain at least half the grams of carbohydrates when compared with typical varieties, feel free to down an entire plate. *Lindsay Damast*

PHOTOGRAPHS: THIS PAGE, FRANCES JANISCH; OPPOSITE, ANASTASSIOS MENTIS

RECIPES BY WOMAN'S DAY TEST KITCHENS

& SAUCY



Fusilli with Alfredo Sauce, Peas & Bacon ▶

Serves: 4 Prep: 5 min Cook: 10 min

12 oz fusilli
8 slices bacon
1 cup shredded carrots
2 cups frozen peas
1 cup Alfredo sauce
1½ tsp each chopped garlic and Dijon mustard
Freshly ground pepper, to taste

1. Boil fusilli as package directs, reserving 1 cup cooking water before draining.
2. Meanwhile panfry bacon in a large nonstick skillet until crisp. Drain on paper towels; coarsely crumble. Pour off all but 1 tsp fat from skillet.
3. Heat skillet; add shredded carrots and sauté 1 minute until almost tender. Add frozen peas, Alfredo sauce, garlic and mustard, and pepper to taste. Bring to a simmer.
4. Toss with drained pasta, bacon and reserved cooking water as needed.

Per serving: 570 cal, 23 g pro, 80 g car, 7 g fiber, 17 g fat (8 g sat fat), 27% cal from fat, 37 mg chol, 729 mg sod





◀ Linguine Clams Casino

Serves: 6 Prep: 10 min Cook: 15 min (includes bringing water to a boil)

1 lb linguine pasta
SAUCE
4 slices bacon, cut crosswise in thin strips
1 jar (12 oz) white clam sauce
Grated peel of 1 lemon
¼ tsp crushed red pepper
⅔ cup chopped fresh parsley

1. Cook pasta in a large pot of lightly salted boiling water as package directs.
2. Meanwhile cook bacon in a large, deep skillet until crisp. Remove to paper towel to drain. Drain fat from skillet. Stir in clam sauce, lemon peel and crushed pepper. Cook over low heat until hot.
3. Add ½ cup pasta cooking water to skillet. Drain pasta; add to skillet with parsley. Toss to mix and coat. Remove to serving plates; sprinkle with bacon.

Per serving: 376 cal, 15 g pro, 59 g car, 2 g fiber, 8 g fat (2 g sat fat), 19% cal from fat, 13 mg chol, 658 mg sod

PHOTOGRAPHS: THIS PAGE TOP RIGHT AND OPPOSITE, FRANCES JANISCH; THIS PAGE BOTTOM LEFT, CHARLES SCHILLER

Rigatoni Primavera with Chicken

Serves: 4 Prep: 5 min Cook: 10 min

- 12 oz rigatoni
- 2 Tbsp olive oil
- 9 oz fresh California blend stir-fry vegetables, such as Mann's
- 1 (10-oz) pkg cooked chicken strips
- 1 Tbsp chopped garlic
- 1 cup chicken broth
- ½ cup grated Parmesan
- ¼ cup thin strips fresh basil

1. Boil rigatoni as package directs, reserving 1 cup cooking water before draining.
2. Meanwhile heat olive oil in a large nonstick skillet over medium-high heat. Add stir-fry vegetables and chicken strips; sauté 2 minutes. Add garlic; cook 1 minute. Stir in broth. Reduce heat, cover and simmer 3 minutes or until vegetables are just tender.
3. Toss with drained pasta, Parmesan, basil and reserved cooking water as needed.

Per serving: 546 cal, 33 g pro, 71 g car, 4 g fiber, 14 g fat (4 g sat fat), 23% cal from fat, 48 mg chol, 971 mg sod





◀ ## Penne with Bacon, Spinach & Mushrooms

Serves: 6 **Prep:** 5 min
Cook: 15 min

- 1 box (16 oz) penne
- 10 slices bacon (about ½ lb)
- 1 medium onion, halved and sliced thin
- 1 pkg (8 oz) sliced mushrooms
- 2 cloves garlic, sliced
- ¼ tsp crushed red pepper flakes
- 1 pkg (12 oz) fresh baby spinach
- Grated Parmesan

1. Cook pasta as package directs.
2. Meanwhile, cook bacon in a large, deep nonstick skillet over medium heat until browned. Remove bacon to paper towels to drain. Remove all but 2 Tbsp fat from skillet.
3. Add onion and mushrooms to skillet; sauté 5 minutes until onion is golden. Add garlic and red pepper flakes; cook 30 seconds until fragrant. Add spinach; cover and cook, stirring occasionally, 2 minutes until wilted.
4. Drain pasta, reserving 1 cup pasta water. Add pasta to skillet with some of the reserved pasta water; toss. Add more water as necessary. Crumble bacon on top of pasta and serve with Parmesan.

Per serving: 406 cal, 16 g pro, 61 g car, 8 g fiber, 11 g fat (4 g sat fat), 24% cal from fat, 13 mg chol, 340 mg sod



PHOTOGRAPHS: OPPOSITE, WENDELL WEBBER; THIS PAGE, FRANCES JANISCH

▲ ## Orecchiette with Broccoli Rabe & Turkey Sausage

Serves: 4 **Prep:** 5 min **Cook:** 10 min

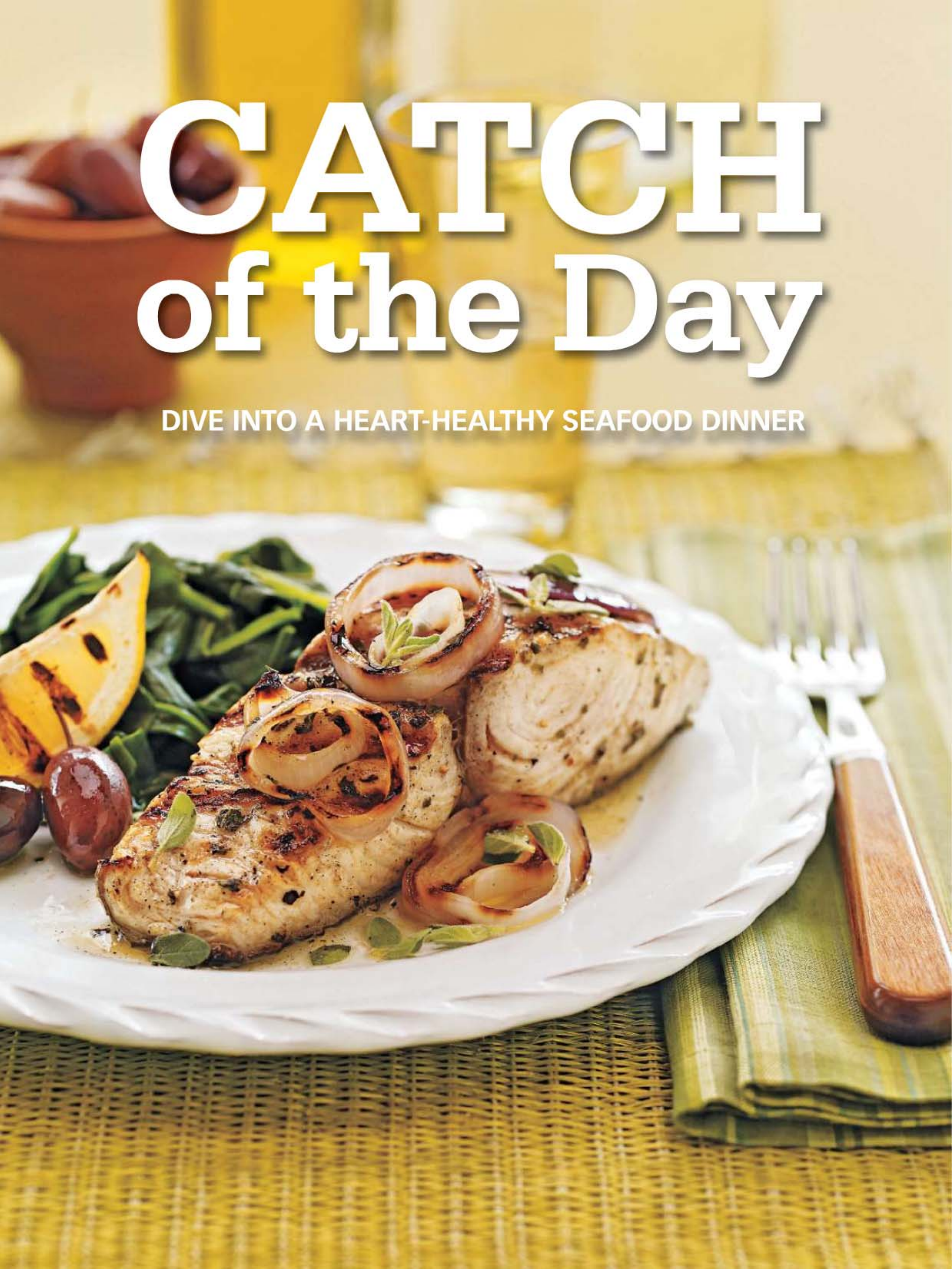
- 12 oz orecchiette
- 12 oz microwave-in-bag broccoli rabe
- 1 Tbsp olive oil
- 12 oz Italian turkey sausage
- ⅓ cup sliced sun-dried tomatoes in oil
- 2 tsp chopped garlic
- ½ tsp each salt and crushed red pepper
- ¼ cup grated Parmesan

1. Boil orecchiette as package directs, adding broccoli rabe 5 minutes before pasta will be done and reserving 1 cup cooking water before draining.
2. Meanwhile heat olive oil in a large nonstick skillet over medium-high heat. Add turkey sausage; cook, breaking into chunks with a wooden spoon, 5 minutes or until cooked through. Add sun-dried tomatoes, garlic, salt and crushed red pepper. Sauté 1 minute or until fragrant.
3. Toss with drained pasta and broccoli rabe, Parmesan and reserved cooking water as needed.

Per serving: 557 cal, 31 g pro, 73 g car, 5 g fiber, 16 g fat (4 g sat fat), 26% cal from fat, 49 mg chol, 1,096 mg sod *

CATCH of the Day

DIVE INTO A HEART-HEALTHY SEAFOOD DINNER



◀ Greek Lemon & Oregano Mahi-Mahi

Serves: 4 Prep: 12 min Cook: About 15 min

¼ cup lemon juice
1½ Tbsp olive oil
½ tsp dried oregano
¼ tsp each salt and pepper
4 6-oz mahi-mahi or halibut fillets (about 1 in. thick)
4 ¼-in.-thick slices red onion
Nonstick cooking spray
Garnish: grilled lemon wedges or slices, Kalamata olives, fresh oregano

1. Mix lemon juice, oil, oregano, salt and pepper in a pie plate or shallow bowl. Remove and reserve 1 Tbsp. Add fish to pie plate and turn to coat. Marinate 10 minutes.
2. Meanwhile, heat outdoor grill or stovetop grill pan. Coat onions with cooking spray. Grill 5 minutes, or until lightly charred and tender, turning once. Remove.
3. Grill fish 8 to 10 minutes, turning once, until just cooked through. Remove to serving platter and drizzle with reserved lemon juice mixture. Scatter onions on top.

Per serving: 205 cal, 32 g pro, 4 g car, 1 g fiber, 6 g fat (1 g sat fat), 26% cal from fat, 124 mg chol, 296 mg sod

New Orleans Shrimp 'n' Grits ▶

Serves: 4 Prep: 15 min
Cook: About 20 min

CREAMY GRITS
2 cups milk
1½ cups water
2 cloves garlic, crushed
¼ tsp salt
¾ cup grits

SHRIMP
1 Tbsp oil
1 red pepper, chopped
1 cubanelle or green frying pepper, chopped
1 small onion, chopped
1 tsp minced garlic
1 lb peeled large shrimp
¾ tsp each low-sodium Old Bay Seasoning (McCormick) and Cajun seasoning
4 plum tomatoes, coarsely chopped
½ cup shredded reduced-fat Cheddar

1. Grits: Bring milk, water, garlic and salt to a boil in a medium saucepan. Whisk in grits, cover, reduce heat to simmer and cook, stirring occasionally, 20 minutes or until smooth and thickened.
2. Shrimp: Meanwhile, heat oil in large nonstick skillet over medium-high heat. Sauté red and green peppers, the onion and garlic 5 minutes. Add shrimp and Old Bay and Cajun seasonings; cook 2 minutes. Add tomatoes; cook until shrimp are just cooked through, about 1 minute.
3. Remove grits from heat; stir in cheese. Serve shrimp and vegetables over grits.

Per serving: 424 cal, 35 g pro, 41 g car, 3 g fiber, 13 g fat (5 g sat fat), 28% cal from fat, 199 mg chol, 632 mg sod



PHOTOGRAPHS: MARK THOMAS

Scallops with Lemon & Capers

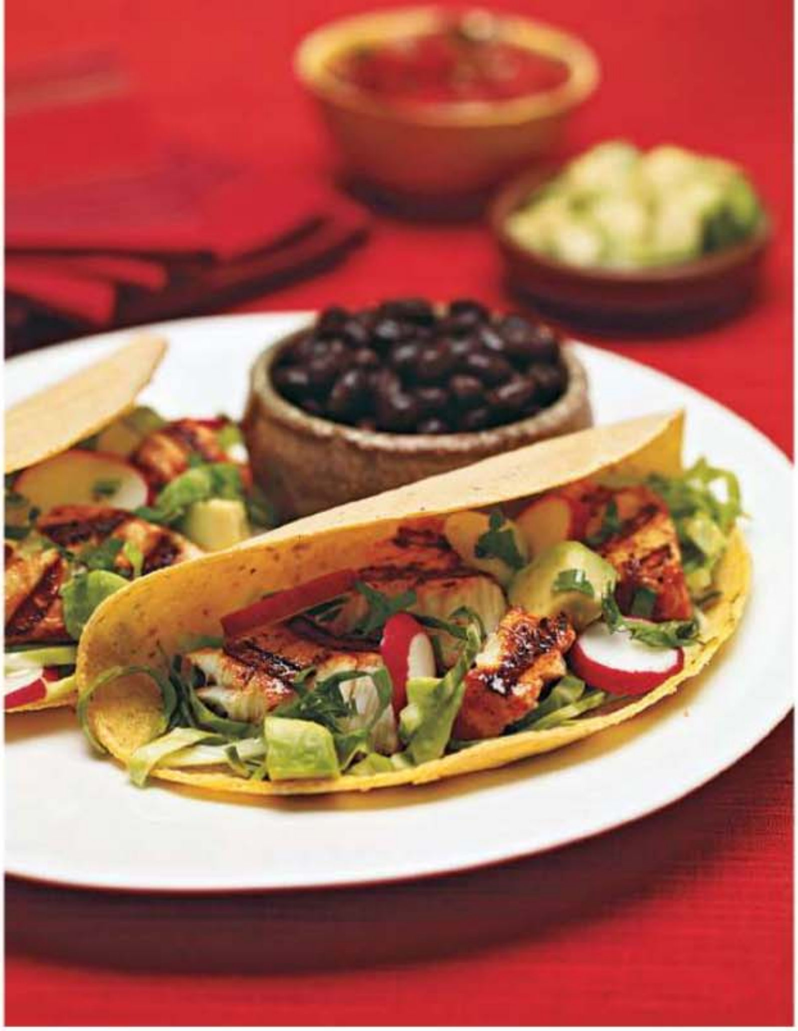
Serves: 4 Prep: 4 min Cook: 6 min

- 1 cup chicken broth
- 1 Tbsp capers
- 1½ tsp cornstarch
- 1 tsp minced garlic
- 1 tsp grated lemon zest
- 2 Tbsp lemon juice
- ¼ tsp each salt and pepper
- 3 tsp stick butter
- 1½ lb sea scallops, patted dry
- 1 Tbsp chopped parsley

1. In a 2-cup liquid measure, stir broth, capers, cornstarch, garlic, zest, juice, salt and pepper until cornstarch dissolves.
2. Melt 2 tsp butter in large nonstick skillet over medium-high heat. When butter just starts to brown, add scallops and cook, turning once, 4 to 5 minutes until golden and cooked through. Remove to a plate.
3. Add broth mixture to skillet. Bring to a boil; boil 1 minute or until slightly thickened. Remove from heat; stir in remaining butter and parsley. Spoon over scallops.

Per serving: 192 cal, 29 g pro, 6 g car, 0 g fiber, 5 g fat (2 g sat fat), 23% cal from fat, 64 mg chol, 765 mg sod





◀ Baja Fish Tacos

Serves: 4 **Prep:** 12 min **Cook:** 5–7 min

- 2 cups shredded cabbage
- 3 Tbsp lime juice
- ⅓ cup chopped cilantro
- 2 tsp olive oil
- 1 tsp chili powder
- 1¼ lb halibut or mahi-mahi fillets (about ¾ in. thick)
- 8 corn tortillas, warmed as package directs
- 1 avocado, diced
- ¼ cup sliced radishes

Accompaniments: light sour cream, salsa

1. Toss cabbage and 1 Tbsp of lime juice in a bowl. Mix remaining lime juice, 1 Tbsp of cilantro, the oil and chili powder in a pie plate. Add fish, turn; marinate 10 minutes.
2. Coat outdoor grill or stovetop grill pan with nonstick spray; heat. Add fish; cook 5 to 7 minutes, turning once, until just cooked through. Remove to plate and break into chunks.
3. Fill tortillas with cabbage, fish, avocado, radishes and remaining cilantro. Top with accompaniments as desired.

Per serving: 382 cal, 34 g pro, 31 g car, 6 g fiber, 14 g fat (2 g sat fat), 33% cal from fat, 45 mg chol, 183 mg sod

Thai Shrimp & Rice ▶

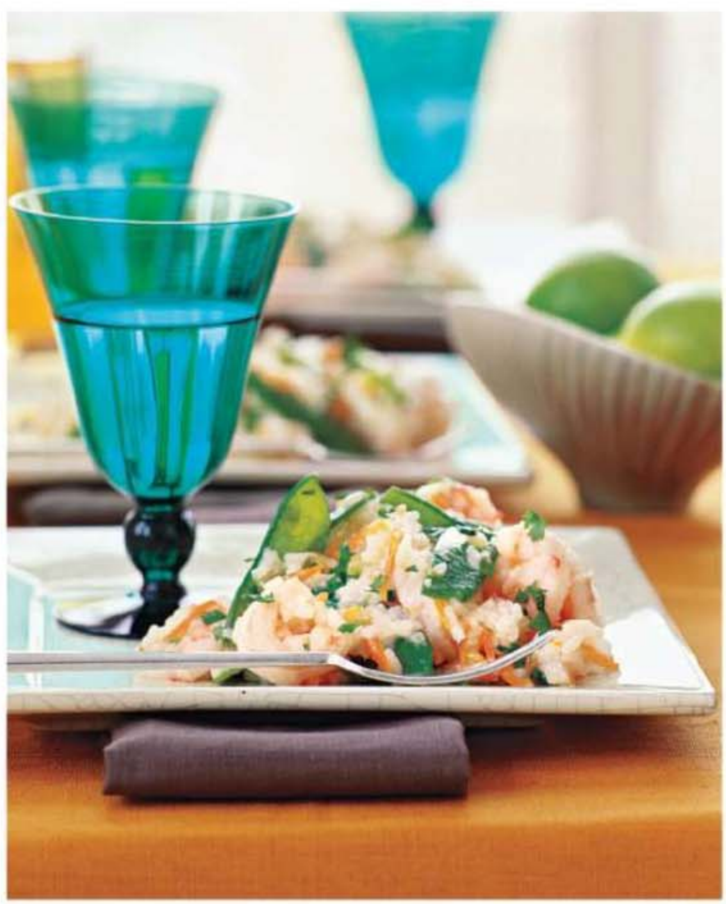
Serves: 4 **Prep:** 10 min **Cook:** About 18 min

- 1 tsp vegetable oil
- ½ cup sliced scallions
- 1 Tbsp chopped garlic
- 1 can (14 oz) lite coconut milk
- 1½ cups jasmine rice or converted white rice
- 1 cup shredded carrots
- 1 tsp salt
- 12 oz raw medium shrimp, peeled and deveined
- 8 oz fresh snow peas
- 2 tsp freshly grated lime zest

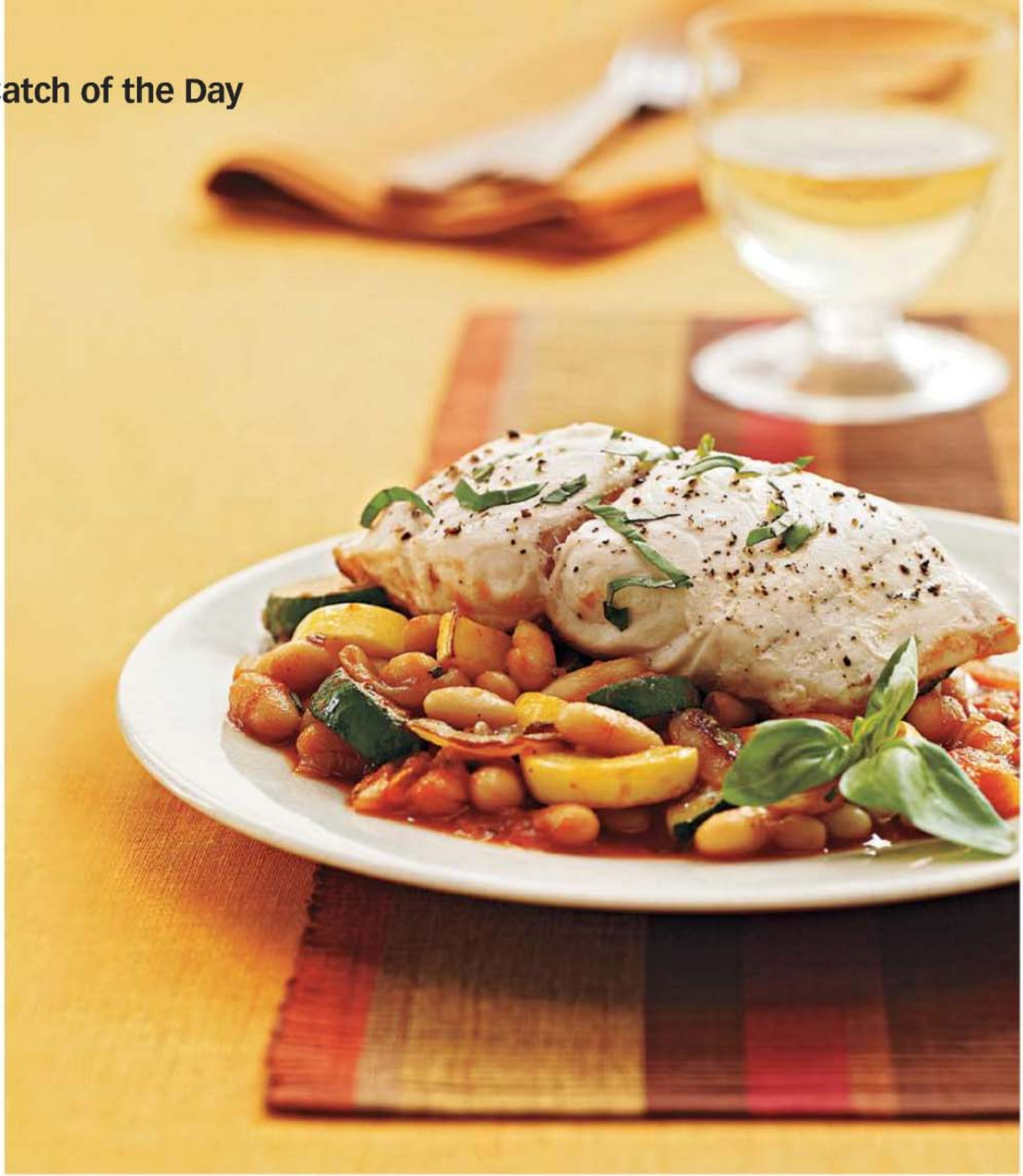
Garnish: lime wedges and chopped cilantro

1. Heat oil in a large nonstick skillet over medium heat. Add scallions and garlic; sauté 1 to 2 minutes until aromatic.
2. Pour coconut milk into a 1-qt liquid measure and add enough water to make 3¼ cups. Add to skillet and bring to a boil. Add rice, carrots and salt. Cover, reduce heat and simmer 12 minutes or until rice is nearly tender.
3. Stir in shrimp, snow peas, lime zest and, if rice looks dry, another ¼ cup water. Bring to a simmer, cover and cook 3 to 4 minutes until shrimp are cooked through and the snow peas are crisp-tender. Garnish with lime wedges and chopped cilantro.

Per serving: 442 cal, 22 g pro, 72 g car, 3 g fiber, 8 g fat (4 g sat fat), 16% cal from fat, 107 mg chol, 742 mg sod



PHOTOGRAPHS: OPPOSITE, DASHA WRIGHT; THIS PAGE, ABOVE LEFT, MARK THOMAS; BELOW RIGHT, JOHN UHER



▲ Tuscan Bass with Squash & Beans

Serves: 4 Prep: 10 min Cook: About 12 min

- 1 Tbsp olive oil
- 1 cup sliced onion
- 12 oz zucchini and/or yellow squash
- 2 cloves garlic, sliced
- 1 can (19 oz) cannellini beans, rinsed and drained
- 1 can (8 oz) tomato sauce
- ½ cup water
- 1½ tsp chopped fresh rosemary
- ¼ tsp pepper
- 4 (6 oz) striped bass, black cod or mahi-mahi fillets (about ¾ in. thick)

1. Heat 1½ tsp of the oil in a large nonstick skillet. Add onion; sauté 3 minutes. Add squash; sauté 2 minutes. Add garlic; sauté 1 minute or until fragrant.

2. Add beans, tomato sauce, water, rosemary and pepper; stir and bring to a boil. Reduce heat; place fish on top. Cover and simmer 7 to 8 minutes until fish is just cooked through.

3. On plates, top bean mixture with fish; drizzle with remaining 1½ tsp olive oil.

Per serving: 340 cal, 37 g pro, 28 g car, 8 g fiber, 8 g fat (1 g sat fat), 21% cal from fat, 136 mg chol, 632 mg sod

PHOTOGRAPHS: THIS PAGE, MARK THOMAS; OPPOSITE, MARY ELLEN BARTLEY

Tilapia Veracruz with Cilantro Rice

Serves: 6 Prep: 5 min Cook: 25 min

- 1 bag (10 oz) yellow rice mix
- 1¼ cups salsa (preferably refrigerated fresh)
- 6 tilapia fillets (2 lb)
- ¼ cup sliced pimiento-stuffed olives
- ¼ cup chopped cilantro

1. Cook rice mix according to package directions.
2. About 10 minutes before rice will be done, heat ¾ cup of the salsa in a large nonstick skillet until it starts to sizzle. Lay fillets on top in a single layer. Spoon remaining salsa over fillets; sprinkle with olives.
3. Cover and cook over medium heat, 5 to 7 minutes, until fish is opaque at the center.
4. Stir cilantro into the rice. Serve with fish.

Per serving: 315 cal, 29 g pro, 40 g car, 1 g fiber, 5 g fat (0 g sat fat), 14% cal from fat, 0 mg chol, 1,164 mg sod ✻



Light Comfort Classics

Revamped renditions of all your favorites





◀ Ravioli & Sausage Lasagna

Serves: 6 Prep: 5 min
Cook: 1 hr 10 min

- 4 links (12 oz) Italian turkey sausages
- 1 jar (7 oz) roasted red peppers, drained and coarsely chopped
- 1 Tbsp chopped fresh basil or 1 tsp dried
- 1 jar (26 oz) marinara sauce
- 1 pkg (30 oz) frozen large square cheese ravioli, thawed
- 1 cup (4 oz) shredded mozzarella cheese
- 2 Tbsp grated Parmesan cheese

1. Heat oven to 375°F. You'll need a shallow 2-qt baking dish.
2. Heat a medium nonstick skillet over medium-high heat. Add sausages and cook, breaking up chunks with a spoon, 5 minutes or until no longer pink. Remove from heat; stir in roasted red peppers and basil.
3. Spread 1 cup marinara sauce in baking dish. Top with a layer of 12 ravioli, the sausage mixture, then the mozzarella cheese. Top with 1 cup sauce, remaining ravioli and remaining sauce. Cover with nonstick foil.
4. Bake on a sheet of foil (to catch any drips) 1 hour or until ravioli are tender when pierced. Uncover, sprinkle with Parmesan cheese and bake 5 minutes until cheese is barely golden. Let stand 15 minutes before serving.

Per serving: 546 cal, 31 g pro, 59 g car, 6 g fiber, 19 g fat (10 g sat fat), 31% cal from fat, 115 mg chol, 1,329 mg sod

▲ Stuffed Cabbage with Cranberry & Tomato Sauce

Serves: 6 Prep: 25 min Cook: 7 hr (low)

- 1½ lb lean ground beef
- ⅓ cup uncooked parboiled (converted) rice
- 1 large egg
- ¾ tsp ground allspice
- 1 tsp salt
- ½ tsp pepper
- 12 savoy cabbage leaves (see Note)
- 1 can (16 oz) whole-berry cranberry sauce
- 1 can (14.5 oz) diced tomatoes with onion and garlic
- ½ cup raisins, preferably golden
- ⅓ cup packed light-brown sugar
- ¼ cup fresh lemon juice

1. You'll need a 5-qt or larger slow cooker.
2. Mix first 6 ingredients in a bowl. Spoon a slightly rounded ¼ cup of mixture on bottom center of each cabbage leaf; turn in sides and roll up.
3. Stack in cooker, seam sides down. Top with remaining ingredients. Cover and cook on low 7 hours or until cabbage is soft and meat mixture is cooked through.
Note: The crinkled leaves of savoy cabbage are quite soft and pliable, so precooking is unnecessary. Cut the hard rib from each leaf. If savoy cabbage is unavailable, freeze a head of regular green cabbage at least 24 hours. As the head thaws, the leaves should become soft and peel off easily.

Per serving: 584 cal, 24 g pro, 67 g car, 2 g fiber, 24 g fat (10 g sat fat), 37% cal from fat, 121 mg chol, 821 mg sod

PHOTOGRAPHS: OPPOSITE, ANASTASSIOS MENTIS; THIS PAGE, JAMES BAIGRIE

RECIPES BY WOMAN'S DAY TEST KITCHENS

Light Comfort Classics

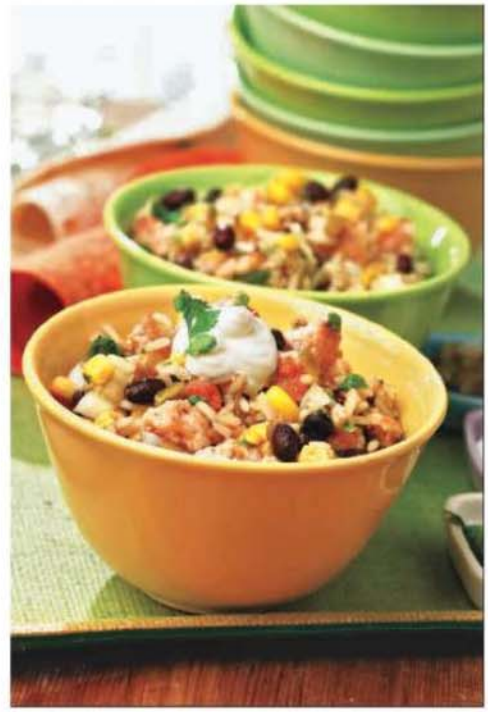
Turkey Chili ▶

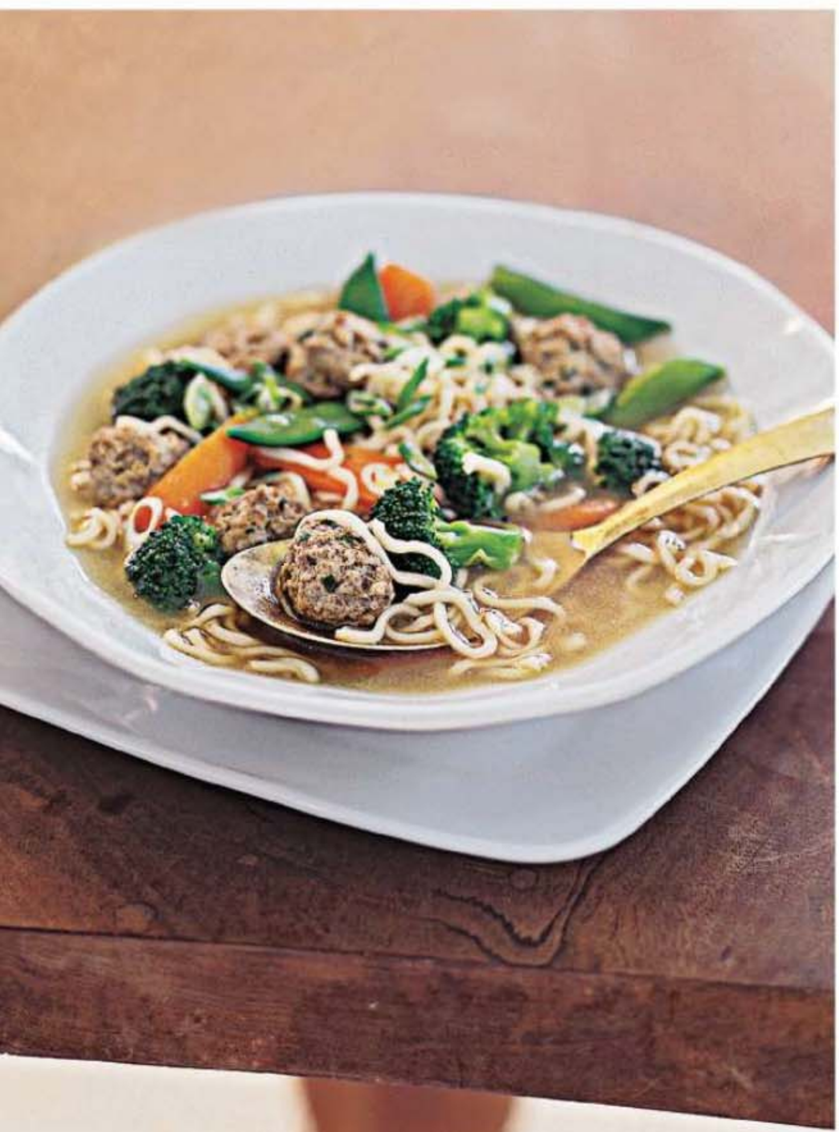
Serves: 4 Prep: 12 min
Cook: About 30 min

- 1 Tbsp olive oil
- 1 lb lean ground turkey
- 1 Tbsp minced garlic
- 2½ tsp ground cumin
- ½ tsp each salt and pepper
- 1 can (14½ oz) chicken broth
- 1 can (19 oz) black beans, rinsed
- 2 cups frozen corn kernels
- ½ cup uncooked converted white rice
- ½ cup green salsa (salsa verde)
- 1 cup chopped sweet onion
- ½ cup chopped cilantro
- Toppings: reduced-fat sour cream, green salsa and chopped cilantro

1. Heat oil in a deep, large nonstick skillet over high heat. Add turkey and garlic and cook, stirring to break up meat, 3 to 4 minutes until browned. Add cumin, salt and pepper; cook, stirring, 30 seconds.
2. Stir in broth, beans, corn, rice and salsa. Bring to a boil, reduce heat, cover and simmer, stirring occasionally, 20 to 25 minutes until rice is tender.
3. Remove from heat; stir in onion and cilantro. Ladle into bowls and serve with Toppings.

Per serving: 462 cal, 30 g pro, 54 g car, 7 g fiber, 14 g fat (3 g sat fat), 27% cal from fat, 83 mg chol, 1,148 mg sod





◀ Asian Meatball Soup

Serves: 4 Prep: 10 min Cook: About 15 min

MEATBALLS

- 8 oz lean ground beef
- ¼ cup plain dry bread crumbs
- 1 large egg white
- 1 Tbsp minced fresh ginger
- ½ Tbsp reduced-sodium soy sauce
- 2 tsp minced garlic

- 1 bag (16 oz) fresh broccoli florets and baby carrots
- 2 pkg (3 oz each) Oriental-flavor ramen noodle soup with seasoning packets
- 6 oz fresh sugar snap peas, stems and strings removed (about 2¼ cups)
- 2 tsp dark Asian sesame oil
- Garnish: sliced scallions

1. Meatballs: Mix ingredients until blended. Place on wax paper; pat into a 6-in. square. Cut in thirty-six 1-in. squares.
2. Bring 5 cups water to a gentle boil in a 4- to 5-qt pot. Cut carrots in half diagonally. Add carrots to boiling water, cover and cook 4 to 5 minutes until almost tender.
3. Add meatballs to pot, 1 at a time. Stir in contents of noodle seasoning packets and the broccoli. Reduce heat, cover and simmer 6 to 7 minutes until vegetables are tender.
4. Break each block of noodles in 4 pieces. Add to soup and cook, stirring to separate strands, about 1 minute. Stir in sugar snap peas and boil gently 2 minutes or until noodles are tender and peas turn bright green. Stir in sesame oil; remove from heat. Garnish servings with scallions.

Per serving: 401 cal, 21 g pro, 43 g car, 6 g fiber, 17 g fat (7 g sat fat), 38% cal from fat, 35 mg chol, 1,130 mg sod

PHOTOGRAPHS: THIS PAGE, FROM TOP, JOHN UHER, ALISON MIKSCH; OPPOSITE, CHARLES SCHILLER

Macaroni & Cheese ▼

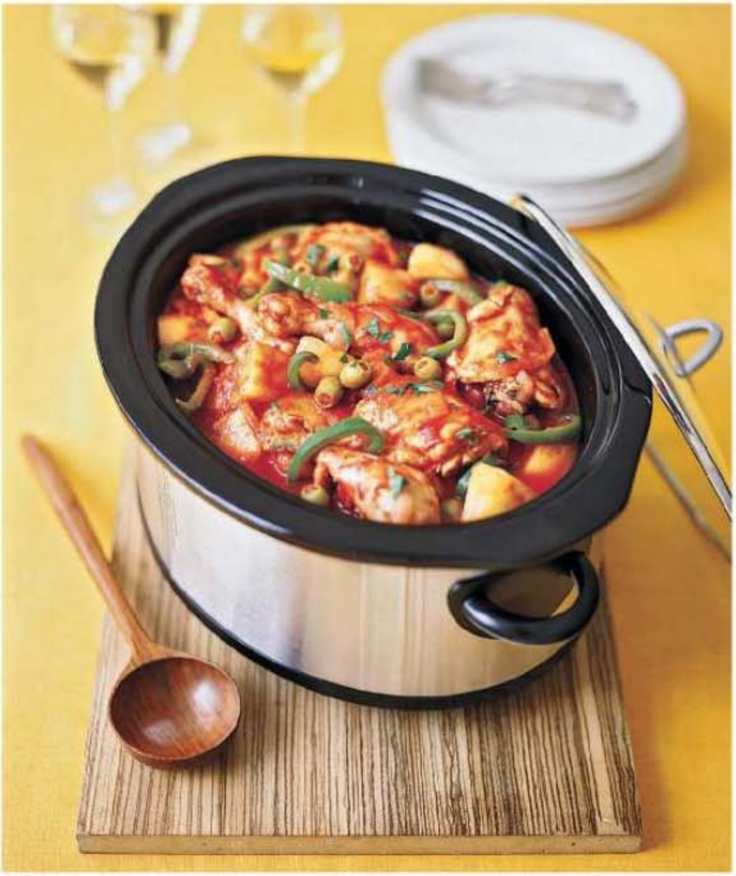
Serves: 6   Prep: 5 min   Cook: 10–15 min

1 lb uncooked cavatappi or other short pasta
1 tsp oil
1 small onion, finely chopped
3 Tbsp flour
½ tsp each salt, onion powder and paprika
2½ cups milk
1 Tbsp Dijon mustard
1 bag (8 oz) Classic Melts 4-cheese blend (Kraft)
1 cup fresh bread crumbs (optional)
2 Tbsp grated Parmesan (optional)
Garnish: sliced scallions and paprika

1. Cook pasta as package directs. For crumb-topped, you'll need a greased shallow 2-qt baking dish.
2. While pasta cooks, heat oil in medium saucepan over medium heat. Sauté onion 3 minutes or until translucent. Stir in flour, salt, onion powder and paprika; whisk in milk until blended. Bring to a boil over medium-high heat, whisking often. Reduce heat and simmer 2 minutes until slightly thickened.
3. Over low heat, whisk in mustard and then cheese until melted and smooth.
4. Drain pasta; return to pot, add sauce and toss to coat. Serve immediately.
5. If making crumb-topped, transfer to the baking dish, sprinkle with bread crumbs and Parmesan and broil 2 to 3 minutes until crumbs are toasted. Garnish with scallions and paprika.

Per serving (not including crumb topping): 524 cal, 21 g pro, 71 g car, 2 g fiber, 16 g fat (9 g sat fat), 27% cal from fat, 56 mg chol, 886 mg sod





Chicken with Potatoes & Olives

Serves: 6 Prep: 10 min Cook: 5 hr (high) or 8 hr (low)

- 3 large all-purpose potatoes, peeled and cut bite-size
- 1 large green pepper, cut in narrow strips
- 1 medium onion, chopped
- 1 can (15 oz) tomato sauce
- ½ cup dry white wine
- ½ cup pimiento-stuffed olives
- 1½ Tbsp each minced garlic and olive oil
- 1 Tbsp tomato paste
- ½ tsp each salt and pepper
- 1 bay leaf, broken in half
- 6 each chicken drumsticks and thighs (about 3 lb), skin and excess fat removed

1. You'll need a 4½-qt or larger slow cooker.
2. Put all ingredients except chicken in cooker; stir to mix. Add chicken; stir to coat.
3. Cover and cook on high 5 hours or on low 8 hours, until chicken is cooked through and tender and potatoes can be easily pierced. Discard bay leaf.

Per serving: 340 cal, 35 g pro, 26 g car, 4 g fiber, 11 g fat (2 g sat fat), 29% cal from fat, 123 mg chol, 1,056 mg sod

Baked-Potato Soup

Serves: 6 Prep: 10 min Cook: About 1 hr

- 1 medium head garlic, ¼ in. cut off top
- 6 large baking potatoes (about 3 lb), rinsed and pierced once with a fork
- 4½ cups chicken or vegetable broth
- ½ tsp freshly ground pepper

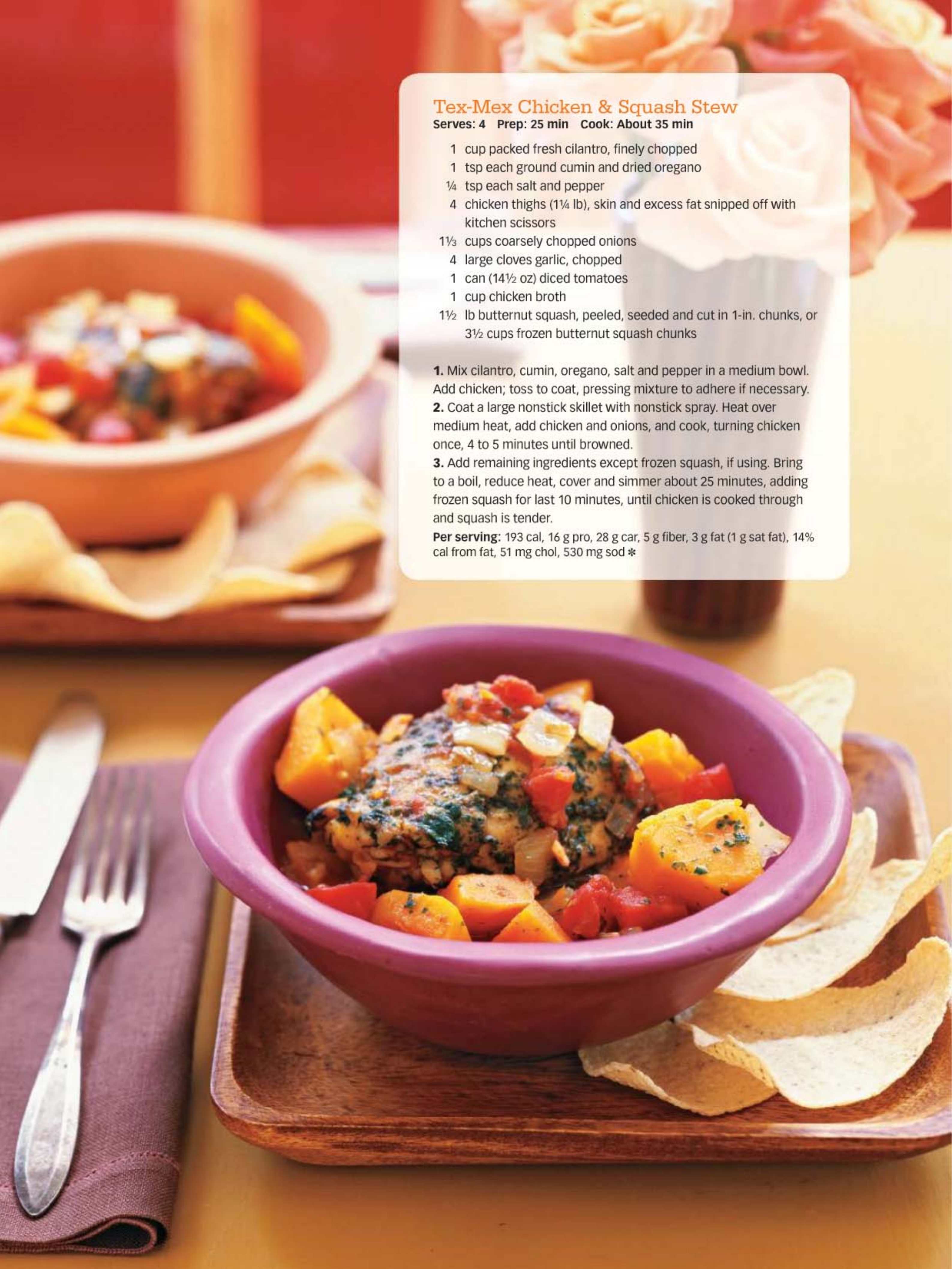
Toppings: crumbled cooked turkey bacon, shredded cheese, sour cream and minced scallions

1. Heat oven to 400°F.
2. Wrap garlic head tightly in foil. Put garlic and potatoes in oven.
3. Bake garlic 45 minutes or until soft when squeezed. Remove; let cool. Continue baking potatoes about 15 minutes or until tender when pierced.
4. Unwrap garlic; squeeze pulp from head into a 4-qt pot. When cool enough to handle, peel 3 potatoes, add to pot and mash until nearly smooth. Gradually stir in chicken broth and pepper until blended. Place over medium heat and cook, stirring occasionally, until hot.
5. Meanwhile cut remaining potatoes (with skin) in ¾-in. pieces. Stir into soup and cook until hot. Serve with some or all of the Toppings.

Per serving (without toppings): 190 cal, 7 g pro, 41 g car, 4 g fiber, 0 g fat (0 g sat fat), 0% cal from fat, 0 mg chol, 443 mg sod



PHOTOGRAPHS: THIS PAGE, FROM TOP, JAMES BAIGRIE, MARK THOMAS; OPPOSITE, JACQUELINE HOPKINS



Tex-Mex Chicken & Squash Stew

Serves: 4 Prep: 25 min Cook: About 35 min

- 1 cup packed fresh cilantro, finely chopped
- 1 tsp each ground cumin and dried oregano
- ¼ tsp each salt and pepper
- 4 chicken thighs (1¼ lb), skin and excess fat snipped off with kitchen scissors
- 1⅓ cups coarsely chopped onions
- 4 large cloves garlic, chopped
- 1 can (14½ oz) diced tomatoes
- 1 cup chicken broth
- 1½ lb butternut squash, peeled, seeded and cut in 1-in. chunks, or 3½ cups frozen butternut squash chunks

1. Mix cilantro, cumin, oregano, salt and pepper in a medium bowl. Add chicken; toss to coat, pressing mixture to adhere if necessary.
2. Coat a large nonstick skillet with nonstick spray. Heat over medium heat, add chicken and onions, and cook, turning chicken once, 4 to 5 minutes until browned.
3. Add remaining ingredients except frozen squash, if using. Bring to a boil, reduce heat, cover and simmer about 25 minutes, adding frozen squash for last 10 minutes, until chicken is cooked through and squash is tender.

Per serving: 193 cal, 16 g pro, 28 g car, 5 g fiber, 3 g fat (1 g sat fat), 14% cal from fat, 51 mg chol, 530 mg sod ✻

Rush-hour dinners in 30 minutes or less

SPEED-DIAL SUPPERS



RECIPES BY WOMAN'S DAY TEST KITCHENS

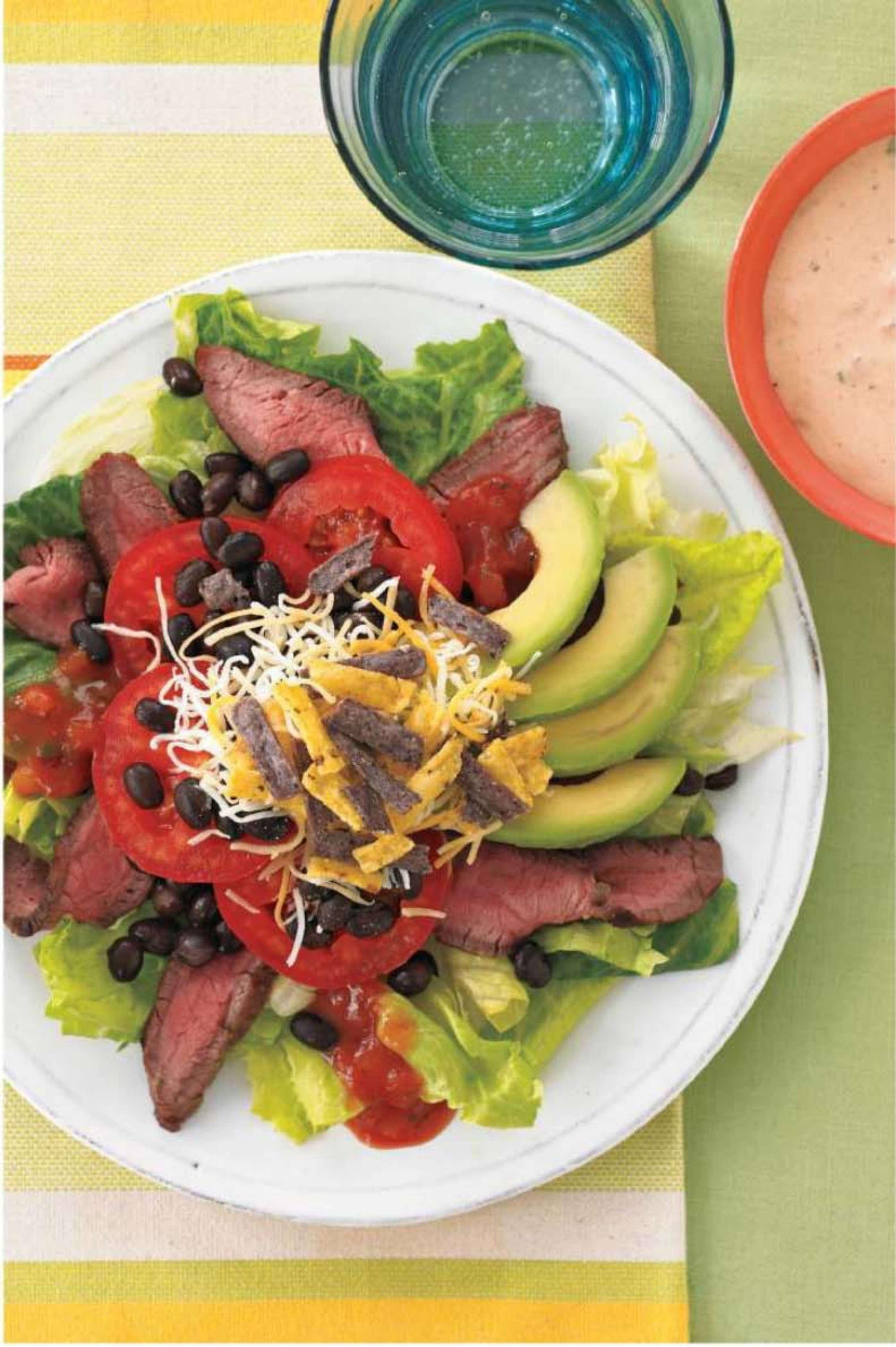
◀ Shrimp Stir-fry

Serves: 4 Prep: 5 min
Cook: 10 min

- 1 tsp oil
- 1 lb shelled and deveined large shrimp
- 1 container (3.5 oz) sliced shiitake mushrooms (2 cups)
- 1 bag (16 oz) frozen stir-fry bell pepper blend
- 1 cup frozen shelled edamame
- ½ cup bottled sesame-ginger stir-fry sauce
- 1 pkg (9 oz) fresh linguine
- Garnish: sliced scallions

1. Bring 4 cups water to boil in a medium-size covered saucepan.
2. Heat oil in a large nonstick skillet until hot but not smoking; add shrimp. Stir-fry 3 to 4 minutes until cooked through; remove.
3. Add mushrooms to skillet; stir-fry 2 minutes. Add peppers, edamame, shrimp and stir-fry sauce; heat until simmering.
4. Meanwhile, add linguine to water and cook 2 to 3 minutes, stirring frequently, until tender; drain. Serve shrimp and vegetables on top.

Per serving: 477 cal, 41 g pro, 58 g car, 6 g fiber, 9 g fat (1 g sat fat), 17% cal from fat, 219 mg chol, 364 mg sod



PHOTOGRAPHS: OPPOSITE, CAREN ALPERT; THIS PAGE, MARY ELLEN BARTLEY

Santa Fe Beef Salad ▶

Serves: 4 Prep: 10 min Cook: 10 min

- 2 tsp oil
- 1 lb flank steak (about 1 in. thick)
- ¼ tsp each salt and pepper
- 2 bags (11.5 oz each) Salsa Ensalada Supreme complete salad kit (Fresh Express)
- 4 ripe plum tomatoes, sliced
- 1 can (15.5 oz) black beans, rinsed
- 1 firm-ripe avocado, peeled, pitted and sliced

1. Heat oil in a large nonstick skillet over medium-high heat. Season steak with salt and pepper, place in skillet and cook, turning once, 10 minutes or until an instant-read thermometer inserted from side to center registers 155°F. Remove to a cutting board, cover loosely with foil and let rest 10 minutes. (Temperature will rise to 160°F for medium doneness.)
2. Remove sour cream dressing, salsa, tortilla strips and cheese from salad bags. Evenly divide lettuce onto four plates. Thinly slice steak diagonally across the grain.
3. Divide steak, tomatoes, black beans, avocado, cheese and tortilla strips among the plates. Spoon sour cream dressing from one packet and both salsa packets onto salads. (Reserve remaining 1 packet sour cream dressing for another use.)

Per serving: 412 cal, 35 g pro, 37 g car, 12 g fiber, 16 g fat (6 g sat fat), 35% cal from fat, 62 mg chol, 545 mg sod

Mexican Pizza ▶

Serves: 6 Prep: 4 min
Bake: 6 min

- 1 large (10-oz) prebaked thin-crust pizza crust
- ¾ cup taco sauce
- 1 pkg (12 oz) precooked fajita-style chicken strips
- 1¼ cups frozen Southwestern corn blend
- 1 cup shredded Mexican or taco cheese blend
- ½ cup diced avocado
- 2 Tbsp chopped cilantro

1. Heat oven to 500°F. Spread crust with taco sauce, leaving ½-in. border around edge.
2. Sprinkle with chicken, frozen corn blend and cheese. Place directly on middle oven rack.
3. Bake 6 minutes until crust is crisp and cheese melts. Sprinkle with avocado and cilantro; cut in wedges.

Per serving: 318 cal, 24 g pro, 30 g car, 3 g fiber, 12 g fat (5 g sat fat), 34% cal from fat, 52 mg chol, 943 mg sod





◀ Sweet & Sour Ham Steaks

Serves: 4 Prep: 10 min
Cook: 5 min

- ½ tsp oil
- 2 ham steaks (7 to 8 oz each), cut in half
- 1 bag (16 oz) frozen sliced peaches, thawed, cut bite-size
- 1 jar (9 oz) hot or sweet mango chutney

1. Heat oil in a large nonstick skillet over medium-high heat. Add ham and cook 4 minutes, turning once, until lightly browned. Remove to a serving platter.
2. Add peaches and chutney to skillet and cook, stirring, just until hot. Spoon over ham. Garnish with chopped cilantro, if desired.

Per serving: 385 cal, 20 g pro, 60 g car, 2 g fiber, 6 g fat (2 g sat fat), 14% cal from fat, 47 mg chol, 1,988 mg sod

PHOTOGRAPHS: THIS PAGE TOP, CAREN ALPERT, BOTTOM, DASHA WRIGHT; OPPOSITE, LAURA MOSS

Bow-Tie Pasta with Chorizo & Tomatoes

Serves: 4 Prep: 5 min Cook: 10 min

- 12 oz bow-tie (farfalle) pasta (6 cups)
- 1 Tbsp olive oil
- 2 tsp minced garlic
- 6 oz chorizo sausage, quartered lengthwise, cut in ½-in.-thick pieces
- 1 pt grape tomatoes, halved
- ¼ tsp crushed red pepper
- ⅓ cup crumbled queso blanco or shredded Monterey Jack cheese

Garnish: chopped flat-leaf parsley

1. Cook pasta in lightly salted boiling water as package directs.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add garlic; sauté until fragrant. Add chorizo; sauté 3 minutes or until browned. Add tomatoes and crushed pepper; cook 1 minute or until tomatoes begin to release their juice. Remove from heat.

3. Ladle off ⅓ cup pasta cooking water. Drain pasta; return to pot. Add chorizo mixture and cheese; mix gently, adding reserved water as needed to make saucy. Sprinkle with parsley.

Per serving: 591 cal, 24 g pro, 69 g car, 3 g fiber, 24 g fat (8 g sat fat), 37% cal from fat, 46 mg chol, 925 mg sod





BBQ Skirt Steak

Serves: 4 Prep: 5 min
Cook: 5–6 min

- 2 tsp oil
- 2 tsp dry rub barbecue seasoning (we used Weber)
- 1 beef skirt steak (12 oz), cut crosswise into 3 pieces

WARM POTATO SALAD

- 1 bag (12 oz) microwave-in-bag frozen cut green beans (such as Birds Eye Steamfresh)
- 1 lb deli German potato salad
- ½ small red onion, thinly sliced
- 1 Tbsp apple cider vinegar
- 1 tsp ground cumin

1. Heat oil in large skillet over high heat. Rub barbecue seasoning on steak. Add steak; cook 5 to 6 minutes, turning once, for medium-rare. Let rest 2 minutes before slicing thinly against the grain.

2. Meanwhile, make Potato Salad: Steam green beans as package directs. Stir in purchased salad, red onion, vinegar and cumin. Serve with steak.

Per serving: 353 cal, 21 g pro, 31 g car, 4 g fiber, 15 g fat (5 g sat fat), 38% cal from fat, 46 mg chol, 744 mg sod





▲ Greek Chicken Sauté

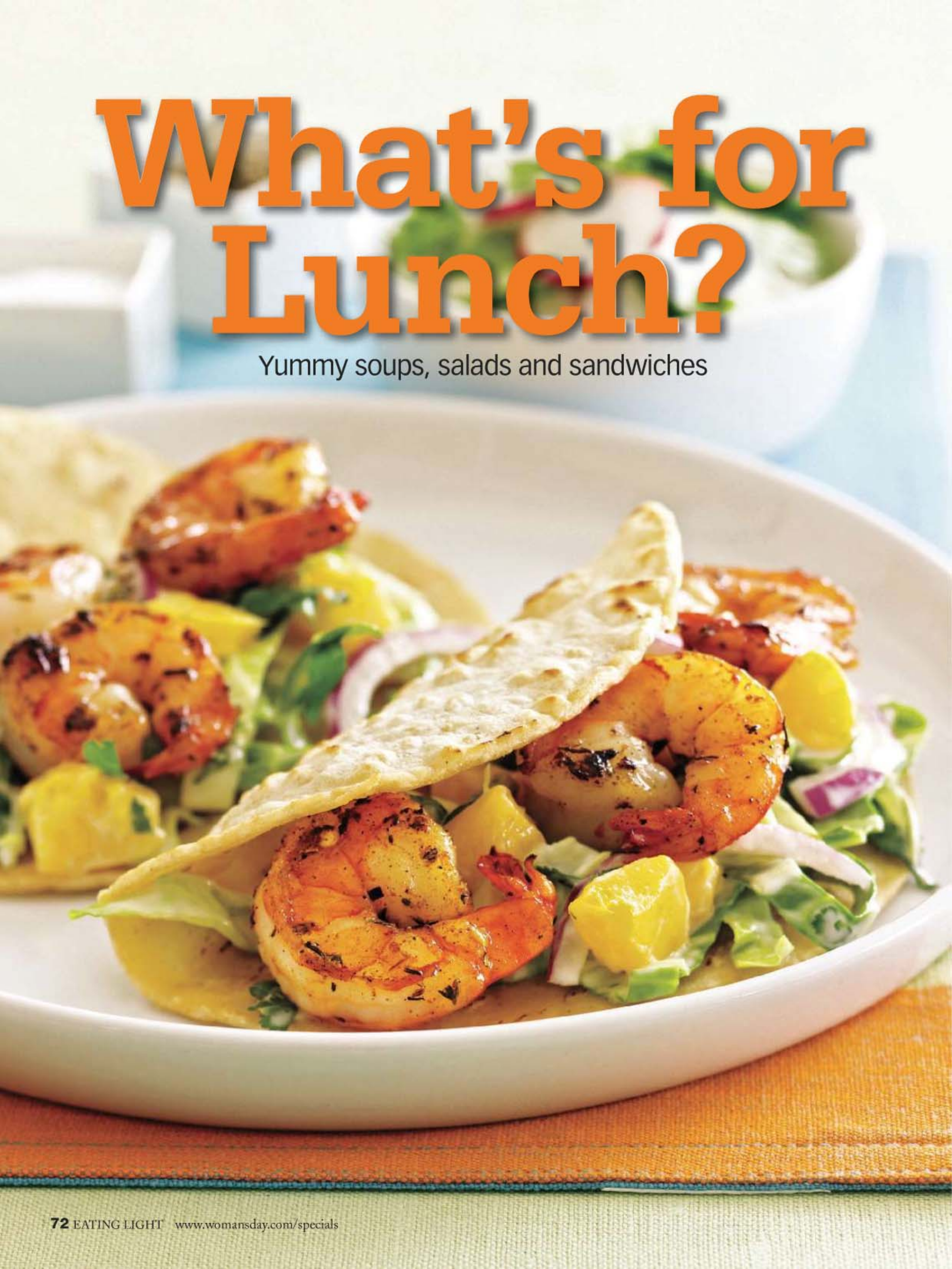
Serves: 4 Prep: 5 min Cook: 15 min

- 2 tsp flour
- ¼ tsp each salt and ground pepper
- 4 boneless, skinless chicken breasts (about 6 oz each)
- 2 tsp olive oil
- 2 Italian frying peppers, sliced
- 1 small sweet onion, sliced
- ½ cup water
- 1 cup grape tomatoes
- 2 tsp each minced garlic and lemon zest
- ¼ cup crumbled feta cheese
- 3 Tbsp chopped dill

1. Mix flour, salt and pepper; coat chicken.
2. Heat 1½ tsp oil in a large nonstick skillet. Add chicken; cook, turning once, 8 minutes or until cooked through. Remove.
3. Heat remaining ½ tsp oil in skillet. Add peppers and onion; sauté 5 minutes until crisp-tender. Add water, tomatoes, garlic and lemon zest; sauté 2 minutes until tomatoes soften. Remove from heat; sprinkle with feta and dill.

Per serving: 272 cal, 42 g pro, 9 g car, 2 g fiber, 7 g fat (2 g sat fat), 23% cal from fat, 107 mg chol, 370 mg sod ✻

PHOTOGRAPHS: OPPOSITE, CAREN ALPERT; THIS PAGE, KATE SEARS



What's for Lunch?

Yummy soups, salads and sandwiches

◀ Beach-Shack Shrimp Tacos with Cucumber Salad

Serves: 4 Prep: 15 min
Cook: About 10 min

SALAD

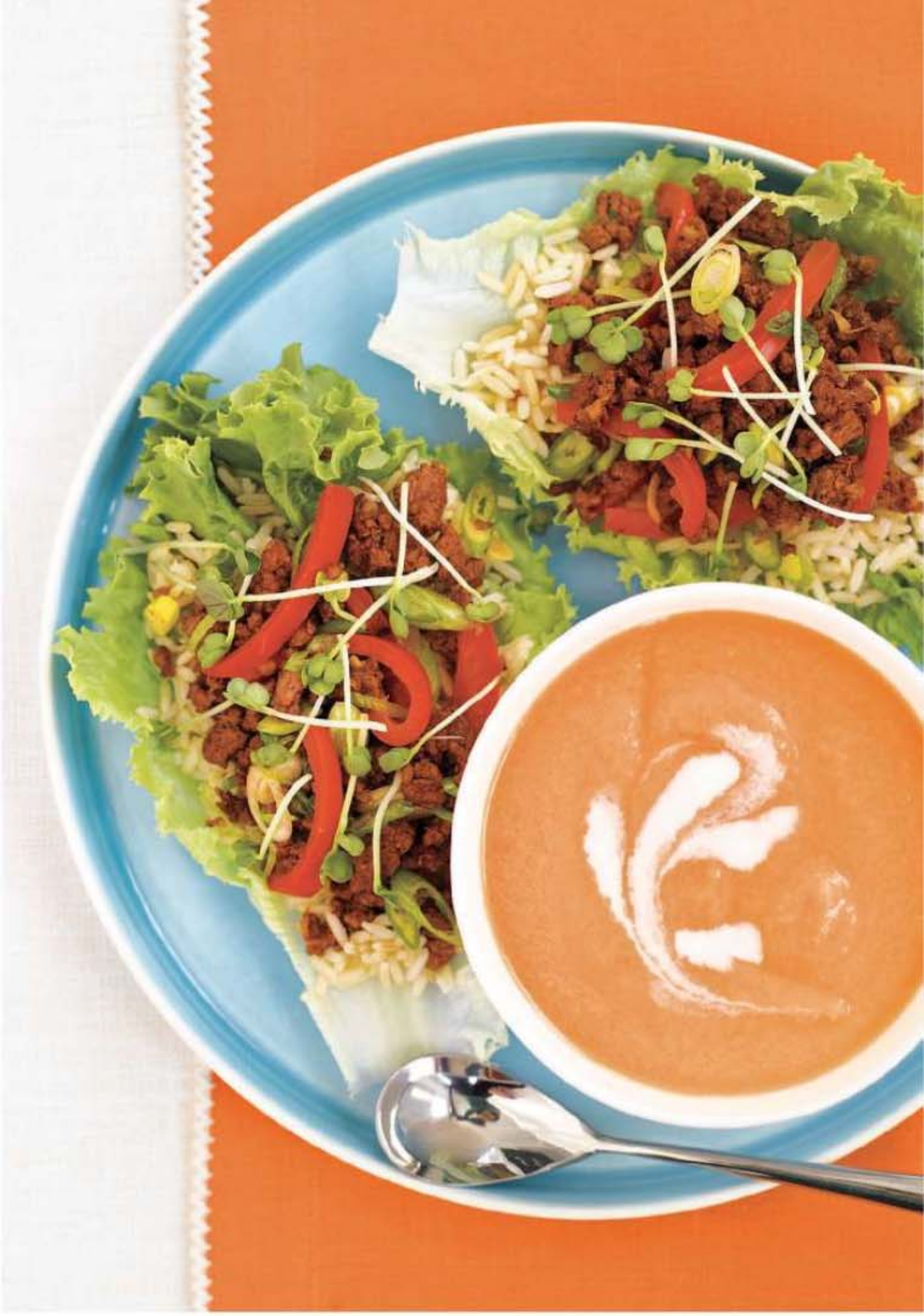
- 2 cups sliced Kirby cucumbers
- ½ cup sliced radishes
- ¼ cup torn cilantro leaves
- 2 Tbsp rice-wine vinegar

TACOS

- 8 corn tortillas
- 24 peeled raw jumbo shrimp (about 1 lb)
- 1 Tbsp Caribbean jerk seasoning
- 2 cups thinly shredded green cabbage
- 1 ripe mango, peeled and diced
- ¼ cup each sliced red onion and chopped cilantro
- 2 Tbsp light mayonnaise
- 1 Tbsp rice-wine vinegar

1. Salad: Combine ingredients in a bowl. Set aside.
2. Tacos: Coat a large nonstick skillet with nonstick spray; heat over medium heat. Add tortillas in a single layer 2 or 3 at a time and cook over medium-high heat 2 minutes, or until light golden in spots and softened. Remove to a plate and cover with foil to keep tortillas warm and pliable.
3. Sprinkle shrimp with jerk seasoning. Coat same skillet with nonstick spray; heat over medium heat. Add shrimp; sauté 3 minutes or until cooked through. Remove to a plate.
4. Toss remaining taco ingredients in a bowl until blended.
5. To assemble the Tacos: Top each tortilla with about ½ cup cabbage mixture and 3 shrimp. Fold in half to eat. Serve with the salad.

Per serving: 317 cal, 27 g pro, 39 g car, 5 g fiber, 6 g fat (1 g sat fat), 17% cal from fat, 175 mg chol, 335 mg sod



Asian Lettuce Wraps ▶

Serves: 4 Prep: 20 min Cook: 10 min

SAUCE

- ⅓ cup orange juice
- 1 Tbsp each sugar and rice vinegar
- ¼ tsp each sesame oil and crushed red pepper flakes

WRAPS

- ½ cup uncooked instant brown rice
- 8 oz lean ground beef
- 2 tsp each minced garlic and minced fresh ginger
- 1 medium red pepper, cut in strips
- 6 scallions, thinly sliced (½ cup)
- 2 Tbsp hoisin sauce
- 8 green-leaf lettuce leaves, washed
- Radish sprouts

1. Sauce: Whisk ingredients in small bowl; set aside so flavors blend.
2. Wraps: Make instant brown rice as package directs, omitting butter.
3. Meanwhile, cook beef, garlic and ginger in large nonstick skillet over medium-high heat for 3 minutes. Add red pepper strips; cook 1 minute more until heated. Remove from heat; stir in scallions and hoisin sauce.
4. Divide rice, then beef mixture among lettuce leaves. Top with some radish sprouts. Drizzle sauce on top.

Per serving: 203 cal, 15 g pro, 22 g car, 2 g fiber, 7 g fat (2 g sat fat), 31% cal from fat, 35 mg chol, 124 mg sod

Chilled Carrot-Ginger Soup ▲

Serves: 4 Prep: 10 min Cook: 25 min (plus chilling)

- 2 cups water
- 1½ lb peeled baby carrots
- 4 tsp minced fresh ginger
- 1½ cups buttermilk
- ¼ tsp salt

1. Bring water to boil in medium saucepan. Add carrots and ginger; cook, covered, over medium-low heat 25 minutes or until tender; chill in covered saucepan.
2. Purée carrots and liquid in food processor or blender until smooth. Pour into a bowl; stir in buttermilk and salt. Swirl in a little extra to decorate.

Per serving: 103 cal, 5 g pro, 19 g car, 3 g fiber, 2 g fat (1 g sat fat), 18% cal from fat, 3 mg chol, 301 mg sod

PHOTOGRAPHS: OPPOSITE, CHARLES SCHILLER; THIS PAGE, CAREN ALPERT

RECIPES BY WOMAN'S DAY TEST KITCHENS

Hot Turkey Sandwich

Serves: 4 Prep: 6 min Cook: 6 min

- 2 Tbsp all-purpose flour
- 1 tsp poultry seasoning
- ⅛ tsp each salt and freshly ground pepper
- 1 lb turkey tenderloins, cut in ⅓-in.-thick slices
- 2 tsp oil
- 1 pkg (8 oz) sliced mushrooms
- 1 jar (12 oz) onion gravy
- ¼ cup dry white wine
- 8 slices firm white bread
- 1 can (8 oz) whole-berry cranberry sauce

1. Mix flour, poultry seasoning, salt and pepper in a plastic food bag. Add turkey slices and shake to coat.
2. Heat oil in a nonstick skillet over medium-high heat. Add turkey; cook, turning once, 5 minutes or until cooked through. Remove to plate and cover to keep warm.
3. Add sliced mushrooms to pan. Sauté 3 minutes until mushrooms start to brown. Add onion gravy and dry white wine; boil 1 minute. Remove from heat.
4. Spread bread with whole-berry cranberry sauce. Top with turkey and gravy.

Per serving: 449 cal, 35 g pro, 57 g car, 3 g fiber, 8 g fat (2 g sat fat), 16% cal from fat, 68 mg chol, 932 mg sod



Asparagus Soup with Turkey & Tomato Tarts ▶

Serves: 4 Prep: 15 min Cook: 15 min

SOUP

- 1 can (14 oz) chicken broth
- 1 cup coarsely chopped sweet onion
- 1 small potato, peeled, cut in 1-in. chunks
- ½ cup water
- ¼ tsp each salt and pepper
- 1 bunch asparagus (about 1 lb), tough ends trimmed, spears cut in quarters

TARTS

- 2 slices flatbread or pocketless pitas
- ¼ cup lite garlic & herbs spreadable cheese
- 8 slices (4 oz) deli-thin sliced smoked turkey
- 3 plum tomatoes, sliced
- ¼ cup each thinly sliced sweet onion and basil leaves

1. Heat oven to 425°F. You'll need a baking sheet.
2. Soup: Bring all ingredients except asparagus to a boil in a medium saucepan. Reduce heat; cover and simmer 10 minutes, or until potato is almost tender. Add asparagus; cook 5 minutes until asparagus and potato are tender. Set aside 10 minutes to cool slightly.
3. Meanwhile, make Tarts: Place flatbreads on baking sheet. Bake 7 minutes, or until slightly crisp. Remove from oven; spread each with 2 Tbsp cheese spread. Top each with 4 slices turkey, folded to fit, and ½ the sliced tomato, onion and basil. Cut each into 4 wedges.
4. Purée soup in blender until smooth. Accompany each serving with 2 tart wedges.
Note: The soup can be made up to 3 days ahead. Reheat or serve chilled.

Per 1 cup soup and 2 tart wedges: 264 cal, 17 g pro, 35 g car, 3 g fiber, 7 g fat (2 g sat fat), 24% cal from fat, 20 mg chol, 996 mg sod





PHOTOGRAPHS: OPPOSITE, JAMES BAIGRIE; THIS PAGE TOP RIGHT, CHARLES SCHILLER, BOTTOM LEFT, JOHN UHER

◀ Ham & Coleslaw Hero

Serves: 4 Prep: 10 min

COLESLAW

- ½ cup plain lowfat yogurt
- 2 Tbsp light mayonnaise
- 1 Tbsp wine vinegar
- 2 tsp honey-Dijon mustard
- ¼ tsp freshly ground pepper
- 8 oz coleslaw mix (about 4 cups)

- 1 loaf Italian bread (about 1 lb)
- 6 oz thinly sliced reduced-sodium ham
- 1 jar (12 oz) roasted red peppers, well-drained and cut in strips
- ¾ cup thinly sliced red onion

1. Coleslaw: Whisk yogurt, mayonnaise, vinegar, mustard and pepper in a medium bowl. Add coleslaw mix and toss to coat well.
2. Split Italian bread horizontally. Arrange ham on bottom half, then peppers and onion. Cover with coleslaw and bread top. Cut loaf in four portions to serve.

Per serving: 443 cal, 20 g pro, 70 g car, 5 g fiber, 8 g fat (2 g sat fat), 16% cal from fat, 25 mg chol, 1,314 mg sod



▲ Buffalo Chicken Wraps

Serves: 4 Prep: 10 min Cook: About 5 min

1 pkg (9.5 oz) refrigerated fully cooked breaded Buffalo-style chicken breast strips
Four 8- to 9-in. spinach and basil–flavored wraps or plain burrito-size flour tortillas
¼ cup fat-free ranch dressing (such as Wish-Bone)
2 cups baby spinach leaves (from a 5-oz bag)
2 each trimmed medium ribs celery and carrots, cut in narrow 3-in.-long strips
1 medium zucchini (about 6 oz), cut in narrow 3-in.-long strips
Serve with: extra dressing for dipping and Frank's hot sauce to sprinkle

1. Heat oven to 400°F. You'll need a rimmed baking sheet.
2. Bake chicken as package directs.
3. Spread each tortilla with 1 Tbsp dressing, then place ½ cup spinach leaves and some celery, carrot and zucchini sticks down center. Top each with ¼ the chicken strips. Scatter remaining vegetables on top and around chicken. Roll up tightly; cut diagonally in half. Serve with extra dressing and the hot sauce, if desired.

Per serving: 373 cal, 16 g pro, 53 g car, 5 g fiber, 10 g fat (2 g sat fat), 24% cal from fat, 28 mg chol, 1,309 mg sod

Fish & Veggie Chowder ▶

Serves: 8 Prep: 10 min
Cook: About 30 min

5 strips thin-sliced bacon
2 lb red potatoes, scrubbed and cubed
2 cups each chopped onions and sliced carrots
1 cup sliced celery
1 Tbsp Old Bay seasoning
2 cups water
2 chicken broth cubes
2 cans (11 oz each) vacuum-packed corn
1½ lb cod, haddock, hake or other firm white fish fillet, cut in 1-in. chunks, bones removed
5 cups whole milk
⅓ cup flour
1 tsp salt

1. Fry bacon in a 5-qt pot until crisp; drain on paper towels, then crumble. Discard all but 1 Tbsp fat.
2. Add potatoes, onions, carrots and celery to pot. Sauté over medium-high heat 4 minutes or until onions wilt. Add seasoning, water and broth cubes. Bring to a boil, reduce heat, cover and simmer 6 to 8 minutes until vegetables are tender.
3. Add corn, fish and 4 cups milk to pot; return to a simmer. Whisk flour into remaining 1 cup milk until blended. Stir into chowder; add salt. Cook, stirring gently, 4 to 6 minutes until fish is cooked and chowder thickens slightly. Ladle into bowls; sprinkle with bacon. Serve with chowder crackers.

Per serving: 376 cal, 27 g pro, 47 g car, 5 g fiber, 10 g fat (4 g sat fat), 24% cal from fat, 62 mg chol, 1,099 mg sod ✻

PHOTOGRAPHS: JACQUELINE HOPKINS



Savor flavors from around the world

Global



China

Moo Shu Pork ▶

Serves: 10 Prep: 10 min
Cook: 6–9 hr (low)

One 2-lb boneless pork loin roast, fat trimmed, quartered lengthwise
1 cup hoisin sauce
1 Tbsp freshly grated ginger
6 cups shredded Napa cabbage
1½ cups bagged shredded carrots
¼ cup sliced scallions
3 Tbsp rice-wine vinegar
1½ Tbsp sugar
20 flour tortillas, warmed
Serve with: hoisin sauce and sliced scallions (optional)

1. Put pork, ⅓ cup hoisin sauce and the ginger in a 3½-qt or larger slow cooker. Turn pork to coat.
2. Cover and cook on low 6 to 9 hours or until pork is very tender. Turn off cooker. Remove pork to a cutting board and, using 2 forks, pull meat into shreds. Return pork to cooker.
3. Toss cabbage, carrots, scallions, vinegar and sugar in a bowl to mix.
4. Spread each tortilla with about 1½ tsp remaining hoisin sauce. Top with about ⅓ cup cabbage mixture and ¼ cup shredded pork.
Per serving: 452 cal, 26 g pro, 59 g car, 3 g fiber, 10 g fat (3 g sat fat), 20% cal from fat, 54 mg chol, 896 mg sod

Japan

Beef Negamaki ▲

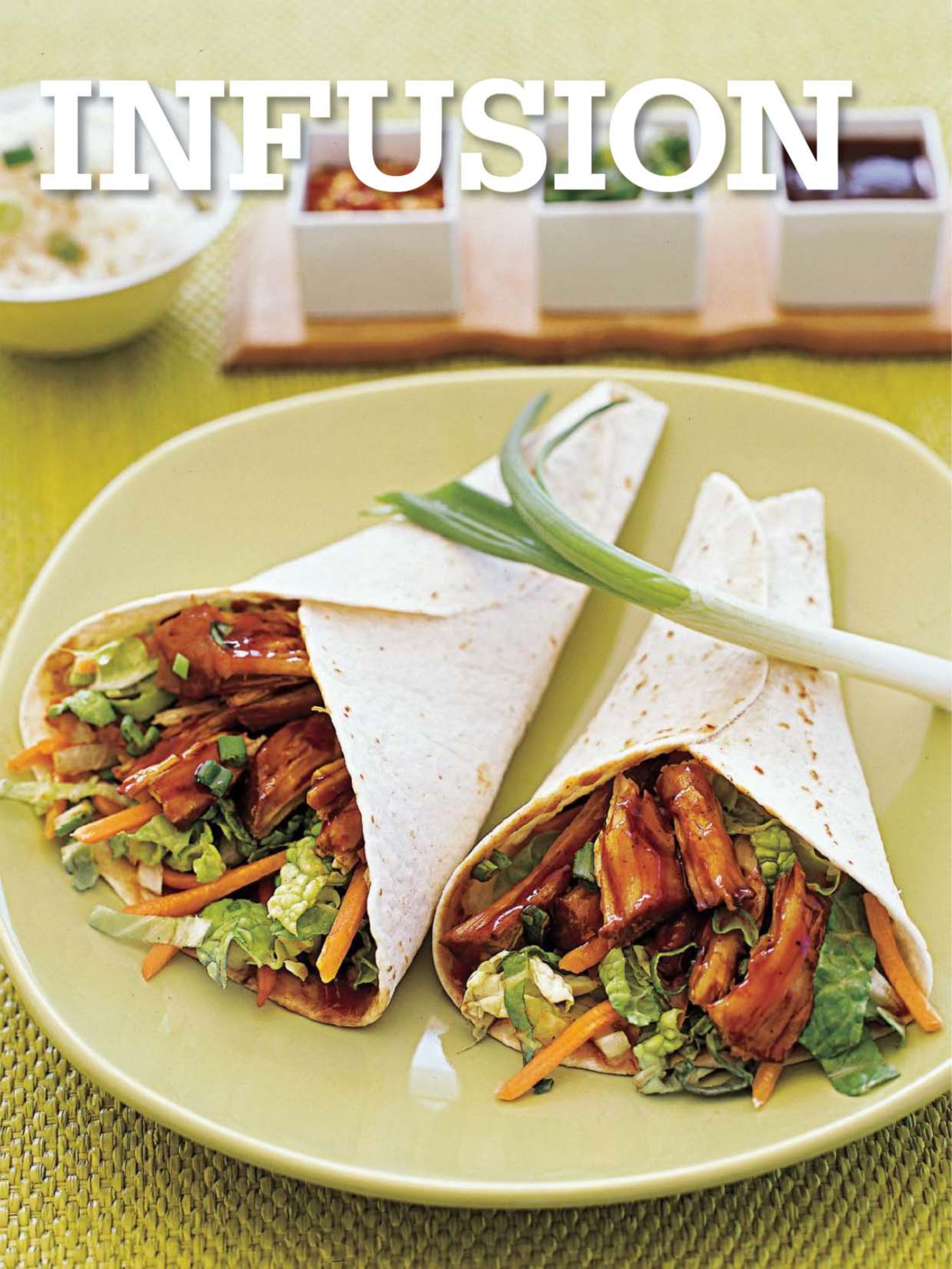
Serves: 4 Prep: 10 min Cook: 35 min (includes marinating)

12 scallions, ends trimmed
4 thin-cut top round steaks (1 to 1¼ lb)
¾ cup classic stir-fry sauce
3 Tbsp each sugar and water

1. Microwave scallions in a loosely covered pie plate on high 1 minute to soften.
2. Place each steak between sheets of plastic wrap. Gently pound until about 8×6 in. and ⅛ in. thick. Lay 3 scallions down length of each piece; tightly roll up from a long side. Secure with wooden toothpicks. Put in a large ziptop bag.
3. Stir sauce, sugar and water in a microwave-safe bowl until sugar dissolves. Add ⅓ cup of mixture to bag; refrigerate 30 minutes or up to 1 hour.
4. Heat outdoor grill or stovetop grill pan. Grill negamaki 5 minutes, turning to brown on all sides. Discard marinade.
5. Remove picks; trim ends of negamaki, then cut alternately straight across and diagonally in 2-in. lengths.
6. Microwave sauce in bowl to heat; serve with negamaki.
Per serving: 313 cal, 29 g pro, 27 g car, 1 g fiber, 13 g fat (5 g sat fat), 37% cal from fat, 75 mg chol, 920 mg sod

PHOTOGRAPHS: THIS PAGE, DASHA WRIGHT; OPPOSITE, FRANCES JANISCH

RECIPES BY WOMAN'S DAY TEST KITCHENS


INFUSION



Thailand

◀ Spicy Thai Noodles with Pork & Mint

Serves: 4 Prep: 20 min
Cook: 5 min

- 12 oz rice noodles
- ¼ cup each Thai fish sauce and rice vinegar
- 3 Tbsp sugar
- 2½ Tbsp oil
- 1½ Tbsp reduced-sodium soy sauce
- 8 oz pork tenderloin, thinly sliced crosswise, slices cut in half
- 1½ Tbsp each minced garlic and grated ginger
- 1 Tbsp minced seeded serrano chiles
- ¾ cup each halved grape tomatoes, shredded carrots, sliced scallions and slivered fresh mint

Accompaniments: lime wedges and Thai-style chili sauce

1. Soak noodles in warm water to cover 20 minutes until pliable. Drain.
2. Meanwhile, in a small bowl mix fish sauce, vinegar, sugar, 1½ Tbsp oil, the soy sauce and ⅓ cup water.
3. Heat 1 tsp oil in a large nonstick skillet over high heat. Add pork; stir-fry 2 minutes until lightly browned and cooked through. Remove to a plate with a slotted spoon.
4. Heat remaining oil in skillet. Add garlic, ginger and chiles; stir-fry 30 seconds or until fragrant.
5. Add fish sauce mixture and noodles. Cook, stirring, 2 minutes or until noodles soften and wilt. Remove from heat; add pork, tomatoes, and ½ the carrots, scallions and mint. Toss to mix.
6. Spoon onto platter; sprinkle with remaining carrots, scallions and mint.

Per serving: 557 cal, 16 g pro, 93 g car, 3 g fiber, 13 g fat (3 g sat fat), 21% cal from fat, 37 mg chol, 1,018 mg sod



PHOTOGRAPHS: OPPOSITE, ANASTASSIOS MENTIS; THIS PAGE, DASHA WRIGHT

Greece

Greek Lamb & Spinach Stew ▲

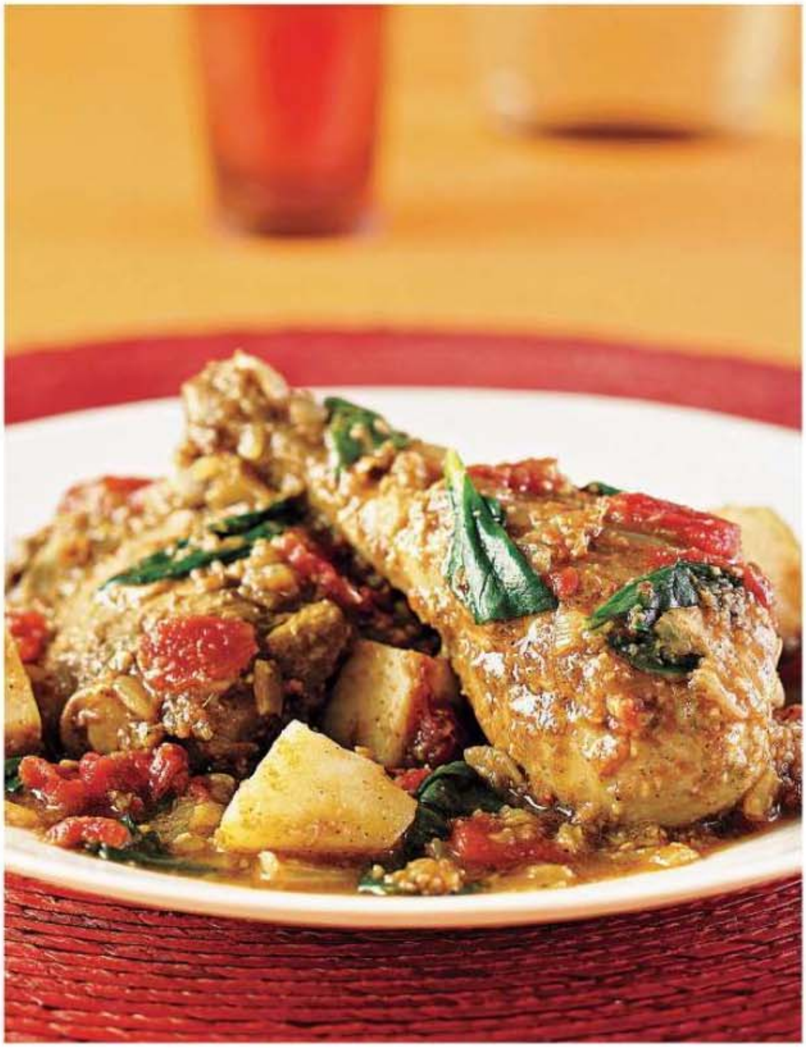
Serves: 6 Prep: 10 min Cook: 7–9 hr (low)

- One 2-lb boneless lamb shoulder, visible fat trimmed, cut in 1-in. pieces
- 1 can (14½ oz) diced tomatoes
- ½ cup chopped onion
- 1 Tbsp minced garlic
- ½ tsp each Greek herb seasoning and salt
- ¼ tsp pepper
- 1 can (19 oz) cannellini beans, rinsed
- 1 can (13.75 oz) whole artichoke hearts, cut in half
- 3 cups baby spinach (3 oz)
- 2 tsp grated lemon zest

Topping: crumbled feta cheese

1. Mix lamb pieces, tomatoes, onion, garlic, Greek seasoning, salt and pepper in a 3½-qt or larger slow cooker.
2. Cover and cook on low 7 to 9 hours until lamb is tender when pierced.
3. Mash 1 cup beans. Stir mashed and whole beans, artichoke hearts and spinach into cooker.
4. Cover and cook on high 15 minutes or until spinach wilts and mixture is hot.
5. Stir in lemon zest; sprinkle with feta. Serve with orzo.

Per serving: 325 cal, 36 g pro, 19 g car, 6 g fiber, 11 g fat (4 g sat fat), 30% cal from fat, 100 mg chol, 619 mg sod



India

Chicken Vindaloo

Serves: 4 Prep: 10 min Cook: About 40 min (plus 2–6 hr marinating)

MARINADE
- 3 Tbsp cider vinegar
- 2 Tbsp olive oil
- 6 cloves garlic, peeled
- 2 jalapeño peppers, seeded
- 3 Tbsp chopped ginger
- 2 tsp ground cumin
- ¾ tsp each ground cardamom and turmeric
- ¼ tsp ground cloves

- 2½ lb chicken drumsticks and thighs, skin and visible fat removed
- 1 Tbsp olive oil
- 2 cups chopped onions
- 1 lb Yukon gold potatoes, peeled, cut in 1-in. pieces
- 1 can (14.5 oz) diced tomatoes
- 2 cups baby spinach

1. Marinade: Pulse ingredients in food processor until smooth. Pour into a gallon-size ziptop bag. Add chicken; turn to coat. Refrigerate at least 2 hours or up to 6 hours.
2. Heat oil in large skillet. Add onions and sauté 8 minutes or until golden. Add chicken, marinade, potatoes and tomatoes. Bring to a simmer, cover and cook 30 minutes or until chicken is cooked through and potatoes are tender.
3. Remove chicken to a platter. Add spinach to skillet; stir to mix. Cover and cook 1 minute until wilted. Spoon all over chicken.

Per serving: 454 cal, 38 g pro, 37 g car, 3 g fiber, 17 g fat (3 g sat fat), 34% cal from fat, 130 mg chol, 373 mg sod

SPICE IT UP!

GROUND CUMIN
Add to lentil soup. Stir into yogurt-and-chopped-cucumber salad to serve with spicy curries. Add to guacamole. Add a pinch to vinaigrette salad dressing. Stir into bean-and-rice dishes.

GROUND CARDAMOM
Mix with sugar and sprinkle on French toast and hot or cold fruit compotes. Add to waffle batter. Add to spice cakes, sweet pastries and cookies.

TURMERIC
Add to chicken or seafood casseroles. Add ¼ tsp to the water when cooking 1 cup rice to give a yellow color. Use in mayonnaise, cream sauces and scrambled eggs to add yellow color and light flavor.

GROUND CORIANDER
Use to flavor bean soups. Add to yogurt dressing for cucumber salad. Substitute it for cinnamon to flavor baked apple desserts. Toss melon chunks with a mixture of coriander and sugar. Use to flavor poundcake.

ANCHO CHILE POWDER
Add to marinades and meat and poultry rubs. Sprinkle over poultry or fish before baking or grilling. Toss some with popped popcorn.

SERRANO CHILES
(Very hot; use with caution.) Add minced chiles to guacamole. Mix minced chiles and garlic to make a spicy rub for meats. Add to curries.

GROUND ALLSPICE
Sprinkle lightly onto cooked carrots. Add a pinch to apple- or cherry-pie filling. Use to flavor puddings. Add to mulled cider or red wine.



PHOTOGRAPHS: THIS PAGE, ANASTASSIOS MENTIS; OPPOSITE, MARY ELLEN BARTLEY

Mexico

Mexican Rolled Flank Steak

Serves: 5 Prep: 10 min Cook: 8–10 hr (low)

- One 1½-lb flank steak
- 1 box (6 oz) cornbread stuffing mix
- 1 cup thick and chunky salsa
- ¼ cup chopped fresh cilantro

1. Ask your butcher to butterfly the flank steak, or you can do it yourself: Lay meat on a cutting board with the grain running vertically. Using a long, sharp knife, cut the meat almost in half, opening it like a book but stopping before going all the way through. Cut several 12-in. pieces of kitchen twine and space evenly under steak.

2. Toss cornbread stuffing with 1 cup boiling water and ½ cup salsa until moistened; stir in cilantro. Spread over steak, leaving about 1 inch along edges. Roll steak starting from a long side, jelly-roll style; tie with twine.

3. Place seam side down in a 6-qt oval slow cooker. Spoon remaining ½ cup salsa over meat. Cover and cook on low 8 to 10 hours.

4. Remove steak to a cutting board; let rest 10 minutes. Discard cooking liquid. Remove string and cut steak into ½-in.-thick slices. Serve with additional salsa, if desired.

Per serving: 370 cal, 33 g pro, 28 g car, 2 g fiber, 12 g fat (5 g sat fat), 29% cal from fat, 57 mg chol, 936 mg sod



Italy

Mediterranean Stuffed Eggplant

Serves: 4 Prep: 15 min Cook: About 30 min

- 4 small Italian eggplants (7 oz each)
- Nonstick spray
- 8 oz ground chicken or turkey
- 2 medium bell peppers, chopped
- 1 medium onion, chopped
- 2 tsp minced garlic
- 1 can (14½ oz) diced tomatoes
- 1 cup water
- ½ cup regular pearl barley
- 2 cups baby spinach
- 3 Tbsp chopped fresh basil
- 2 Tbsp grated Romano cheese

1. Line a rimmed baking sheet with nonstick foil. Halve eggplants lengthwise, then scoop out flesh with spoon, leaving a ½-in.-thick shell. Coat eggplants with nonstick spray; invert on baking sheet. Chop scooped eggplant.

2. Coat a large nonstick skillet with nonstick spray. Over medium-high heat, cook chicken, peppers, onion, chopped eggplant and garlic 4 minutes. Add tomatoes, water and barley. Reduce heat. Cover; simmer 25 minutes or until barley is tender.

3. Meanwhile, heat broiler. Broil eggplant shells 12 minutes or until lightly charred and soft, turning once.

4. Stir spinach and basil into chicken mixture; spoon into eggplant halves. Sprinkle with cheese.

Per serving: 311 cal, 17 g pro, 42 g car, 12 g fiber, 10 g fat (1 g sat fat), 29% cal from fat, 3 mg chol, 499 mg sod





Germany

Sauerbraten ▲

Serves: 8 Prep: 5 min Cook: 7–9 hr (low), plus 1 to 2 days marinating

- 1 cup each cider vinegar and water
- 1 Tbsp salt
- 6 each whole cloves and peppercorns
- 2 bay leaves
- One 4-lb beef rump roast, visible fat trimmed
- 1 large onion, halved and thinly sliced
- 1 cup crushed gingersnaps (18 to 20 cookies)

1. In a slow cooker liner or in a large bowl, combine vinegar, water, salt, cloves, peppercorns and bay leaves. Add beef and onion; seal or cover. Marinate in refrigerator 1 to 2 days, turning occasionally.
2. Remove and discard 1 cup marinade. Put liner with beef and remaining marinade in a 3½-qt or larger slow cooker, or transfer beef and marinade from bowl to cooker.
3. Cover and cook on low 7 to 9 hours or until beef is tender. Transfer beef to a cutting board; cover to keep warm. Remove and discard cloves, peppercorns and bay leaves.
4. Stir gingersnaps into liquid in cooker until dissolved. Cover and cook on high 15 minutes until thickened. Slice meat across the grain; serve with the gravy.

Per serving: 398 cal, 49 g pro, 17 g car, 1 g fiber, 13 g fat (4 g sat fat), 29% cal from fat, 132 mg chol, 1,100 mg sod

Peru

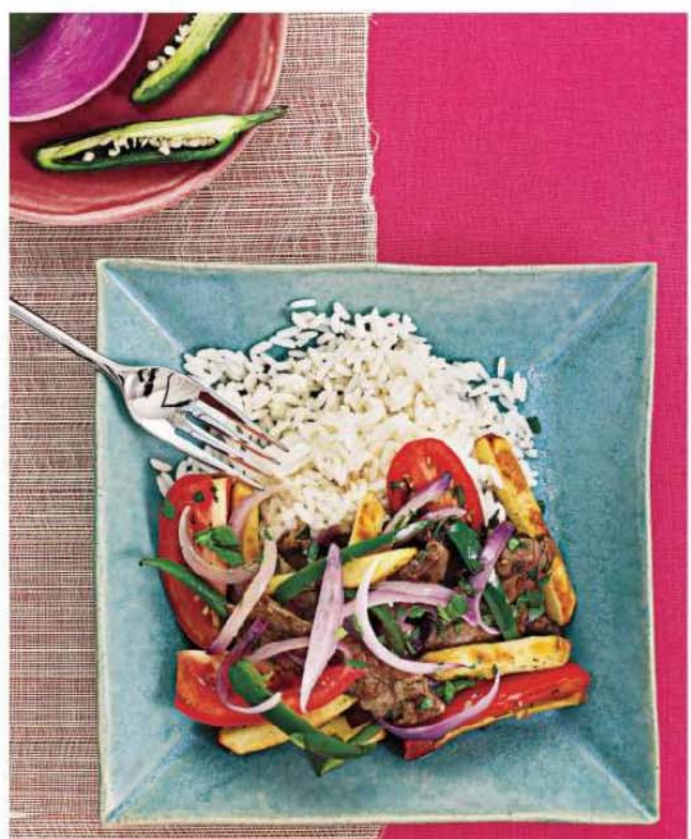
Lomo Saltado ▼

Serves: 4 Prep: 10 min Cook: About 40 min (includes marinating)

- 1 lb well-trimmed boneless sirloin steak, sliced ¼ in. thick across the grain
- 1 Tbsp each minced garlic and soy sauce
- ½ tsp ground cumin
- 3 cups frozen french fries
- 2 tsp oil
- 1 large red onion, cut in thin strips
- 3 jalapeño peppers, seeded, cut in thin strips
- 3 large plum tomatoes, cut in wedges
- ¼ tsp each salt and pepper
- ½ cup chopped cilantro

1. Put steak, garlic, soy sauce and cumin in a plastic food bag. Seal; turn to mix. Refrigerate 30 minutes to marinate.
2. Bake french fries as package directs.
3. About 5 minutes before fries will be done, heat 1 tsp oil in a large nonstick skillet over medium-high heat. Add beef; stir-fry 2 to 3 minutes until lightly browned. Remove with a slotted spoon to a large serving bowl.
4. Heat remaining 1 tsp oil in skillet. Add onion and peppers; stir-fry 2 to 3 minutes until crisp-tender.
5. Add tomatoes, salt and pepper; cook, stirring, until tomatoes are hot. Add to bowl along with the fries and cilantro. Toss to mix.

Per serving: 315 cal, 28 g pro, 25 g car, 2 g fiber, 12 g fat (4 g sat fat), 34% cal from fat, 69 mg chol, 492 mg sod ✻



PHOTOGRAPHS: OPPOSITE, CAREN ALPERT; THIS PAGE FROM TOP, DASHA WRIGHT, ANASTASSIOS MENTIS

sweet inspirations

Curb your cravings with these luscious desserts



Chocolate-Malt Ice Cream Cake

Serves: 16 Prep: 10 min
Freeze: 4 hr

- 1 quart light vanilla ice cream, slightly softened
- ¼ cup malted milk powder
- 1 quart light chocolate ice cream
- ⅓ cup fat-free fudge topping
- 1 cup chopped malted milk balls

1. You'll need an 8-in. springform pan. In a large bowl, stir vanilla ice cream and malted milk powder until blended.
2. Spoon chocolate ice cream into bottom of pan; pack into a fairly even layer. Place spoonfuls of the fudge sauce over top. Sprinkle with ½ cup of the chopped malt balls.
3. Spread vanilla ice cream mixture over top. Freeze at least 4 hours or until firm.
4. To serve: Remove sides of pan. Place on serving plate. Arrange remaining malt balls around edge.

Per serving: 204 cal, 6 g pro, 35 g car, 1 g fiber, 4 g fat (3 g sat fat), 18% cal from fat, 26 mg chol, 109 mg sod



Tropical Chiffon Pie

Serves: 8 Prep: 8 min Chill: 3 hr

- ⅔ cup boiling water
- 1 box (3 oz) pineapple-flavor gelatin
- 2 cups ice cubes
- 2 cups frozen light whipped topping, thawed
- 1 tsp grated lime zest
- 1¼ cups chopped mango and papaya
- 1 (6-oz) ready-to-fill reduced-fat graham-cracker crust
- ¼ cup sweetened flaked coconut, toasted

1. Stir boiling water into gelatin in large bowl until completely dissolved. Add ice cubes; stir until gelatin begins to thicken, about 1 minute. Remove and discard unmelted ice.
2. Whisk in 1 cup whipped topping and the lime zest. Fold in remaining topping, then the fruit. Spoon into crust. Sprinkle edge of pie with coconut. Refrigerate at least 3 hours until set.

Per serving: 195 cal, 2 g pro, 33 g car, 1 g fiber, 6 g fat (3 g sat fat), 37% cal from fat, 0 mg chol, 142 mg sod

PHOTOGRAPHS: ANASTASSIOS MENTIS



Raspberry Tartlets

Makes: 8 Prep: 10 min
Chill: Until serving

- 1 box (5.28 oz) Bonne Maman raspberry tartlets
- ¼ cup pineapple All Fruit spreadable fruit, stirred to soften
- About 8 oz fresh raspberries

1. Place tartlets on a serving plate. Spread All Fruit evenly to rim.
2. Top with raspberries. Refrigerate until serving.
Note: Raspberries come in three main varieties—red, golden and black. This combo of red and golden is especially attractive.

Per tartlet: 113 cal, 0 g pro, 21 g car, 1 g fiber, 3 g fat (2 g sat fat), 24% cal from fat, 10 mg chol, 30 mg sod

Little Pear-Raspberry Potpies

Makes: 6 Prep: 25 min Bake: 40–45 min

Planning Tip: Can be made up to 8 hours ahead and kept at room temperature.

- 1 box (15-oz) refrigerated ready-to-bake pie crusts
- 1 cup plus 2 Tbsp sugar
- 3 Tbsp cornstarch
- 1 Tbsp minced crystallized ginger
- ¼ tsp ground cinnamon
- 6 firm-ripe Anjou, Comice or Bartlett pears (3 lb), halved, cored, peeled and cut in 1-in. chunks
- 1 cup (½ pt) fresh or unsweetened frozen raspberries
- 2 tsp milk, for brushing crusts

1. Place oven rack in lowest position. Heat to 400°F. You'll need 6 deep (1-cup capacity) ramekins that measure about 3½ in. across top (see Note) and a foil-lined rimmed baking sheet.
2. Unroll or unfold pie crusts on work surface. Cut three 4½-in. circles out of each crust, then a 1-in. circle out of center of each. Discard scraps.
3. Mix 1 cup sugar, the cornstarch, ginger and cinnamon in a large bowl. Add pears and raspberries; toss to mix and coat. Divide evenly among ramekins. Center crust rounds over filling; turn overhang under to make a stand-up edge. Flute or crimp edge, gently pressing pastry onto rim of ramekins to adhere. Brush middle of crusts with milk and sprinkle with remaining 2 Tbsp sugar. Place on prepared baking sheet.
4. Bake 40 to 45 minutes until filling bubbles and juices thicken. Remove pies to a wire rack and cool 15 minutes if serving hot, or cool completely and serve at room temperature.
Note: You can also use 12-oz custard cups. The crust will fit on top without an overhang to crimp or flute.

Per potpie: 425 cal, 1 g pro, 91 g car, 6 g fiber, 8 g fat (3 g sat fat), 17% cal from fat, 5 mg chol, 105 mg sod



PHOTOGRAPHS: THIS PAGE TOP, JOHN UHER; THIS PAGE BOTTOM AND OPPOSITE, ANASTASSIOS MENTIS

You're-an-Angel Cake

Serves: 12 Prep: 10 min Bake: As package directs

Planning Tip: Bake up to 2 days ahead. Leave in covered pan at room temperature. Remove from pan and glaze the day of serving.

- 1 box (16 oz) angel food cake mix
- 1 Tbsp grated orange zest

GLAZE

- 1 tsp orange extract mixed with 3 Tbsp water
- 2 cups confectioners' sugar

Garnish: fresh pomegranate seeds

1. Heat oven to 350°F. You'll need a 10-in. tube pan with removable bottom.
2. Prepare cake mix as package directs. Stir in zest; pour into ungreased tube pan. Bake, cool and remove cake from pan as package directs.
3. Glaze: Whisk extract mixture and sugar in a bowl until smooth. Spread over top of cake, letting excess drip down sides. Sprinkle top with pomegranate seeds.
Per serving: 220 cal, 3 g pro, 51 g car, 0 g fiber, 0 g fat (0 g sat fat), 0% cal from fat, 0 mg chol, 269 mg sod





Frozen Lowfat Strawberry Swirl Terrine

Serves: 16 Prep: 20 min
Freeze: At least 4 hr

Planning Tip: Can be made through Step 3 up to 2 weeks ahead.

- 1 tub (1.75 qt) light vanilla ice cream, slightly softened
- 4 (4 oz each) lowfat ice cream & strawberry sorbet swirl bars (we used The Skinny Cow)
- 1 jar (15.5 oz) strawberry ice cream topping
- Garnish: fresh strawberries

1. Line an 8×4-in. loaf pan with foil, letting foil extend at least 3 in. above pan sides.
2. Spread 2 cups vanilla ice cream in lined pan. Remove sticks from ice cream bars. Cut bars horizontally in half. Lay 4 halves, cut side up, in a row on top of ice cream.
3. Repeat layers as above. Spread remaining vanilla ice cream firmly over top. Cover airtight with extending foil and freeze at least 4 hours until firm.
4. To serve: Unfold foil on top and, holding foil, lift terrine from pan and invert on a serving platter. Cut in slices. Spoon about 2 Tbsp strawberry topping on each serving plate, top with a slice and garnish with strawberries.

Per serving: 202 cal, 3 g pro, 39 g car, 0 g fiber, 5 g fat (3 g sat fat), 22% cal from fat, 18 mg chol, 58 mg sod



PHOTOGRAPHS: OPPOSITE, JAMES BAIGRIE; THIS PAGE, ANASTASSIOS MENTIS

Lemon-Ginger Cookie Stacks

Serves: 8 Prep: 8 min Chill: 2 hr

- 1 container (6 oz) lowfat lemon yogurt
- 1½ cups frozen light whipped topping, thawed
- 32 thin ginger cookies (from a 5.25-oz box)
- Garnish: raspberries, strips of crystallized ginger

1. Stir lemon yogurt in large bowl until smooth. Fold in whipped topping.
2. Put 8 ginger cookies, right side up, on a tray. Spoon 1 level tablespoon lemon cream on top of each cookie, then top with another cookie; repeat twice.
3. Place a dollop of remaining lemon cream on top of each. Refrigerate about 2 hours just until cookies soften slightly. Garnish tops with raspberries and crystallized ginger.

Per serving: 143 cal, 2 g pro, 19 g car, 1 g fiber, 6 g fat (3 g sat fat), 38% cal from fat, 1 mg chol, 115 mg sod



Mango-Cherry Semifreddo with Tart Red Cherry Sauce

Serves: 10 Prep: 35 min Freeze: 24 hr

Planning Tip: You can make and freeze the semifreddo and make and refrigerate the sauce up to 1 week ahead.

- 1½ cups pitted fresh or frozen tart red cherries
- 3 ripe mangoes, peeled, pitted and cut in chunks (3 cups)
- 3 Tbsp honey
- ½ cup nonfat sour cream
- 5 large eggs, at room temperature
- ½ cup sugar

CHERRY SAUCE

- 1½ cups pitted fresh or frozen tart red cherries
- ¼ cup each sugar and water
- Garnish: diced mango

1. Semifreddo: Cut cherries into small pieces; spread in a single layer on a foil-lined baking sheet and freeze until very hard. You'll need an 8-in. springform pan lined with nonstick foil. Place pan in freezer while preparing semifreddo.

2. Purée mango and honey in blender until smooth. Transfer to a large bowl; whisk in sour cream until blended.

3. Put eggs and sugar in a large, heatproof bowl set over a saucepan of simmering water. With mixer on high speed, beat mixture until thick, pale and tripled in volume, about 10 minutes, or until mixture registers 160°F on an instant-read thermometer. Remove from heat and fold into mango mixture.

4. Fold half of the frozen cherries into mixture and pour into prepared springform pan. Scatter remaining frozen cherries over top of batter. Freeze 24 hours or until solid.

5. Cherry Sauce: In a medium saucepan bring ingredients for sauce to a boil; gently boil 6 minutes. Pour mixture into a blender and purée. Pour into a container and refrigerate until serving.

6. To serve: Remove sides from springform pan. Cut into wedges and place on plates. Let stand until slightly softened. Serve with cherry sauce and diced mango.

Per serving with 2 Tbsp sauce: 190 cal, 5 g pro, 39 g car, 2 g fiber, 3 g fat (1 g sat fat), 14% cal from fat, 106 mg chol, 45 mg sod

PHOTOGRAPHS: CAREN ALPERT

Chocolate Shells with Vanilla Pearls

Serves: 4 Prep: 20 min

- 1 cup plus 6 Tbsp lowfat vanilla ice cream
- 2 pkgs (5 oz each) frozen lowfat chocolate–chocolate chip muffins, thawed (we used Weight Watchers Smart Ones)
- ⅓ cup confectioners' sugar, for dusting
- 1 ripe carambola (star fruit), sliced
- 4 large strawberries, diced

Planning Tip: You can assemble shells, add the ice cream pearls and freeze, uncovered, up to 1½ hours before serving. Just before serving, add ice cream sauce and fruit.

1. Using a mini–ice cream or cookie dough scoop (about 1½ Tbsp capacity), scoop out 4 vanilla ice cream balls (pearls) and place on a plate. Store in freezer until ready to assemble desserts.

2. Cut muffins in half horizontally. Using the back of a teaspoon, press a small indentation on the cut sides of muffin bottoms where the ice cream pearls will rest. Microwave 1 cup vanilla ice cream in a 2-cup glass measure, stirring every 10 to 15 seconds until melted and smooth.

3. To assemble shells: Heavily dust muffin tops with confectioners' sugar to coat. Make lines in the sugar, using the back of a knife, to resemble a scallop shell (see photo).

4. Place muffin bottoms on plates; set an ice cream pearl in the hollow. Rest the muffin tops against the pearls. Spoon melted ice cream sauce around the shell. Decorate with star fruit and strawberries.

Per serving: 308 cal, 5 g pro, 64 g car, 6 g fiber, 4 g fat (2 g sat fat), 12% cal from fat, 3 mg chol, 385 mg sod *



RESOURCES

Sources

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us.penguingroup.com

John Wiley & Sons
800-225-5945
wiley.com

Recipe Index

VENACURA®
HEALTHNEWS

Erase Spider & Varicose Veins Without Surgery!

Once only available by prescription in Europe, all-natural formula noticeably reduces the appearance and embarrassment of varicose & spider veins.

If only I had known! Last summer I finally decided to give away all of my shorts and above-the-knee skirts. I'm a youthful, active woman. I try to exercise often and I think I look pretty good—at least my husband tells me so. But my spider veins and varicose veins had gotten to the point where I was too embarrassed to go out in public showing my legs.

Surgery Wasn't For Me

I've even looked into some surgical options for these hideous green and purple lines all over my legs, but let's face it, surgery is too expensive, and doctors can't promise new veins won't reappear afterwards. Realistically, I don't have the time to take off work or not be there for my family. So out the shorts and skirts went.

Used by Doctors In Europe for Decades

Then a friend told me about Venacura®, a new product she's been using that just became available here in the U.S. that reduces the appearance and embarrassment of varicose veins *naturally* without surgery. Venacura® contains Diosmin 95, which has been used for years in Europe to promote healthy veins. This ingredient has been proven in clinical trials to help significantly reduce the appearance of varicose and spider veins by increasing the metabolic activity in the veins which helps to bring new life and vitality to tired legs.

Visible Results You Will See and Feel

Needless to say, I couldn't wait to try Venacura® for myself. I started taking it once a day and within 30 days my spider and varicose veins began to actually fade. I even noticed the swelling in my lower legs was better especially on the days when I was on my feet all day.

Now I Can Show My Legs Again

After taking Venacura® now for a few months, my legs look and feel great. Even my husband (who doesn't notice anything) suggested maybe now with the warmer weather we should go to our community pool again sometimes *…which means exposed legs!* (he was even more embarrassed then I was). I said YES because now that I've got these smooth, younger-looking legs again, I want to show them off. Maybe this year I will get to the beach. I only wish I had heard about Venacura® sooner!

Available For the First Time in U.S.

Venacura® contains the powerful ingredient Diosmin 95, a naturally occurring flavonoid that can be isolated from various plant sources. Diosmin 95's has been used in Europe for decades as an all natural treatment for veins and the venous system. It has undergone 20 years of clinical testing and is currently used by doctors throughout Europe. After further refinement by Venacura®, Diosmin 95 is now available as a once-a-day dietary supplement and for a limited time on a risk free trial basis.



What Our Customers Have To Say About Venacura®…

*"I have been using Venacura® for four weeks and think it is amazing. Since using Venacura I can actually see skin tone emerging. The other veins in the leg are also diminishing in color and size. I never thought there was a chance of ever wearing short skirts again; now there is hope."**

— Renee A.

Get the Younger Looking Legs That European Woman have Enjoyed for Years!

- ☑ Reduce the embarrassment of unsightly veins
- ☑ Helps with heaviness in the legs
- ☑ Reduces discomfort in legs
- ☑ Provides relief associated with prolonged standing
- ☑ Highly effective for both men and women

Trouble Finding Venacura®?

Venacura® is the only oral supplement containing Diosmin 95 currently available in the U.S. that you can try for FREE. Venacura® is not available in stores and you can only order directly from the manufacturer while limited supplies are available. The manufacturers are so confident that Venacura® will makes your legs look and feel significantly younger and healthier and that you'll love the results, they are offering a 30 day risk free trial offer...because seeing is believing.



To get your supply of Venacura® risk free for just a small shipping and processing fee, call today. Operators are standing by to let you try one of the greatest breakthroughs in reducing the appearance of varicose and spider veins without spending hundreds of dollars on lasers or surgery.

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Mention Promotional code VN100073 for express shipping!

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"beautiful, healthy legs, naturally"

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* Does not provide surgical results. Results may vary.

WRITTEN BY KATIE KRETSCHMER

QUICK FIXES

The secret to delicious and nutritious no-fuss meals

ELLIE KRIEGER, award-winning author, nutritionist and host of the Food Network's *Healthy Appetite*, is dedicated to helping people eat well without sacrificing taste for nutrition. While on tour promoting her last book, *The Food You Crave*, Krieger was struck by the number of people who were excited by her easier recipes. That feedback was the inspiration for her latest book, *So Easy: Luscious, Healthy Recipes for Every Meal of the Week* (John Wiley & Sons, November 2009).





Balsamic Strawberries with Ricotta Cream

Serves: 4 Prep: 10 min Chill: 2 hr

- 1 cup part-skim ricotta cheese
- 2 Tbsp honey
- ½ tsp vanilla extract
- 3 Tbsp balsamic vinegar
- 2 Tbsp sugar
- 1 container (16 oz) fresh strawberries, stems removed, quartered
- 2 Tbsp fresh basil leaves, cut into ribbons

1. Put the ricotta cheese, honey and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute. Transfer to a small bowl and refrigerate for at least 2 hours.

2. In a small saucepan, combine the vinegar and sugar and bring to a boil. Simmer over medium heat for 2 minutes, stirring occasionally. Allow to cool completely. In a medium-size bowl, toss the berries with the basil and the balsamic syrup.

3. Divide the ricotta mixture among 4 cocktail glasses or dessert bowls, top with the berry mixture and serve.

Per serving: 180 cal, 8 g pro, 27 g car, 2 g fiber, 5 g fat (3 g sat fat), 25% cal from fat, 20 mg chol, 80 mg sod

Krieger realized that many people feel they don't have the time, let alone the skills, to cook. "I'm a busy working mom, so I started by asking myself what really works for me; what are my go-to meals for survival when things get busy." She focused on three main criteria for including a dish in the new book. First, it had to be delicious—"I thought about aroma, flavor and a sense of pure pleasure," she says. Second, the recipe had to be healthy and good for the body. Krieger believes in using only pure, natural, "real" ingredients. "There are a lot of convenience foods that aren't processed—bags of prewashed spinach are lifesavers when you are in a hurry," she says. Third, but no less important, a recipe had to be simple to prepare and make anyone who made it say, "Oh, wow, that was so easy." She chose dishes that had few steps and required a minimum of prep work.

Krieger acknowledges that the idea of luscious, healthy food seems like an oxymoron. The secret, she says, is in using wholesome ingredients rather than processed or fake low-cal substitutes. Krieger believes that whether you live alone or are cooking for a busy family, the key is to have a stocked pantry of basics—staples you can fall back on to prepare a delicious meal even if you've been out of town for a month—things like frozen shrimp, canned diced tomatoes and whole-wheat pasta. *